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Dorothy Rodman, R.N., Nursing Director at Sunrise Community Health Center in Greeley and current HP/DP chairperson, and George Paxton, M.D., Head of Pediatrics, Westside Neighborhood Health Center in Denver and HP/DP past chairperson, together envisioned this project. Their vision arose from a realization that many health education materials available in Spanish are not easily accessed for lack of a comprehensive listing.

The typesetting of this publication is credited to Samantha Steele of CCHN staff, and David Walker of Better Graphics. A special thank you to Dorothy Rodman and Nancy Wendirad of Sunrise Community Health Center for their translation of the Spanish-only entries into English for non-Hispanic users of this publication. Finally, thank you to the CCHN Board of Directors for their wisdom and encouragement throughout this project.

Health Promotion/Disease Prevention  
Section Members  
and  
Colorado Community Health Network



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## FOREWORD

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The Hispanic Health Education Bibliography is intended to be used by health care providers and educators as a quick reference to a variety of printed and audiovisual materials available in Spanish. All entries are listed in English and many also include the Spanish translation but are alphabetized according to their English translation.

All materials listed in the publication are included because of their availability in Spanish. CCHN does not imply endorsement of any or all materials and does not insure their quality. The responsibility for determining appropriateness is left to the individual user.

Prices and availability of materials may differ from information included for various entries due to the time which evolved from the inception of this project to its completion. The resource appendix at the back of the manual, however, has been updated to include current information on the location and phone numbers of all sources cited.

CCHN plans to offer continual updates to this publication and has bound the documents in a 3-ring binder to facilitate this process. Please send us any suggestions for revision or information on new materials which should be included in the updates. We know there are many more materials which would enhance this bibliography and your input will be of great value in making this a useful guide for the many educators and care givers who serve Hispanic populations.

March, 1989

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## AIDS

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### **SIDA**

#### **AIDS**

Booklet.

How you can prevent its spread. Why you need to be concerned but not afraid.

Available: Krames Communications

### **SIDA - PREGUNTAS Y RESPUESTAS**

#### **AIDS**

Handout.

Questions and answers about AIDS.

Available: Sunrise Community Health Center

### **¡SIDA INFORMESE!**

#### **AIDS**

Handout.

Aids Information.

Available: American Red Cross

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## ALCOHOLISM

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### **UNA GUÍA PARA LA FAMILIA DEL ALCOHOLICO**

#### ***A GUIDE FOR THE FAMILY OF THE ALCOHOLIC.***

Provides information to help a family cope with the emotional impact of alcoholism.

Price: \$.35 each.

Available: National Council on Alcoholism  
or Al-Anon Family Group Headquarters

### **MENSAJE DE ESPERANZA**

#### ***A MESSAGE OF HOPE***

Presents the Al-Anon program.

Price: \$.05 each.

Available: Al-Anon Family Group  
Headquarters

### **AA-44 PREGUNTAS**

#### ***AA-44 QUESTIONS***

Presents specific questions about Alcoholics Anonymous (AA), and describes the history and structure of the organizations.

Price: \$.25 each.

Available: Alcoholics Anonymous World  
Services

### **\*LO QUE TODO EL MUNDO DEBE SABER SOBRE EL ALCOHOL (ACERCA DEL ALCOHOL)**

#### ***ABOUT ALCOHOL***

11452 - 12369 - 2526C

Price: varies depending upon quantity ordered.

Available: Channing L. Bete Co., Inc.

### **ADOLESCENTES Y LOS PADRES ALCOHOLICOS**

#### ***ADOLESCENTS AND THEIR ALCOHOLIC PARENTS***

Discusses the importance of Al-Ateen and Al-Anon in the battle to control alcoholism in the family.

Price: \$.25 each

Available: Al-Anon Family Group  
Headquarters

### **AL-ATEEN - ESPERANZA PARA LOS HIJOS DE ALCOHOLICOS**

#### ***AL-ATEEN - HOPE FOR CHILDREN OF ALCOHOLICS***

Details the objectives, organization, and history of Al-Ateen.

Price: \$4.00 each.

Available: Al-Anon Family Group  
Headquarters

### **ALCOHOLICOS ANONIMOS**

#### ***ALCOHOLICS ANONYMOUS***

Offers explanations of experiences by AA members.

Price: \$2.50 each.

Available: Alcoholics Anonymous World  
Services

### **ALCOHOLICOS ANONIMOS EN SU COMUNIDAD**

#### ***ALCOHOLICS ANONYMOUS IN YOUR COMMUNITY***

Presents, in question-and-answer format, the fellowship of AA in the community.

Price: \$.10 each.

Available: Alcoholics Anonymous World  
Services

### **ALCOHOLISMO, CONTAGIO FAMILIAR**

#### ***ALCOHOLISM, FAMILY ILLNESS***

Discusses alcoholism as an illness that affects the entire family.

Price: \$.50 each

Available: Al-Anon Family Group  
Headquarters

### **¿ALCOHOLICO EN LA FAMILIA? ALCOHOLIC IN THE FAMILY?**

Includes the effects of alcoholism on family life, and offers ways of coping.

Price: \$.50 each.

Available: National Council on Alcoholism



**ALCOHOLISMO SU NOMBRE ES  
NEGADO ALCOHOLISMO  
A MERRY-GO-ROUND NAMED  
DENIAL**

Gives do's and don'ts, including steps for recovery for persons involved in the life of an alcoholic.

Price: \$.40 each.

Available: National Council on Alcoholism

**UN ALCOHOLICO EN LA FAMILIA  
ALCOHOLIC IN THE FAMILY**

11783 - 12351 - 2482C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**COMO EL ALCOHOL Y LAS  
DROGAS AFECTAN LA HABILIDAD  
DE CONDUCIR**

*ALCOHOL/DRUGS/DRIVING*

13391 - 19950 - 2841D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**SOBRE EL ALCOHOL Y OTRAS  
DROGAS**

*ALCOHOL & DRUGS*

54056 - 54916 - 2350D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**EL ALCOHOL Y SU RELACIÓN  
CON LA SEGURIDAD EN EL  
TRANSITO**

*ALCOHOL AND ITS RELATIONSHIP  
TO DRIVING*

This pamphlet provides readings, a questionnaire and exercises to help students to evaluate their attitudes and knowledge about drinking alcohol and its effects in relation to traffic.

Available: Proyecto De Alcohol Y Seguridad En El Tránsito

**EL ALCOHOL, LAS DROGAS Y LA  
SEGURIDAD**

*ALCOHOL, DRUGS & SAFETY*

Leaflet.

High School and Up.

Discusses everyday activities such as job safety,

bicycle safety and other functions that may be affected by your attitude toward the use of chemicals.

128-S

Available: Do It Now Foundation

**EL ALCOHOL: COMO INFLUYE LA  
SALUD, LA NUTRICIÓN Y LAS  
VITAMINAS EN EL CUERPO**

*ALCOHOL: HOW IT CAN AFFECT  
YOUR HEALTH, NUTRITION, AND  
THE VITAMINS IN YOUR BODY*

Leaflet.

Gives facts and statistics on the consumption of alcohol, its effects on humans, and its dangers when combined with other drugs.

120-S

Available: Do It Now Foundation

**¿ESTA (USTED) PREOCUPADO  
POR LA FORMA EN QUE ALGUIEN  
TOMA?**

*ARE YOU CONCERNED ABOUT  
SOMEONE'S DRINKING?*

Talks about the other victims of alcoholism.

Price: \$.25 each.

Available: National Council on Alcoholism

**SEÑALES PELIGROSAS PARA  
MUJERES QUE TOMAN**

*DANGER SIGNALS FOR WOMEN  
DRINKERS*

Lists early signs of alcoholism in women and suggests where to go for help.

Price: \$.20 each.

Available: National Council on Alcoholism

**SOBRE EL BEBER Y MANEJAR  
DRINKING & DRIVING**

13698 - 13813 - 2535C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**DE MUJER A MUJER: HABLEMOS  
SOBRE EL ALCOHOLISMO**

*FROM WOMAN TO WOMAN: A  
CONVERSATION ON ALCOHOLISM*

Explains that alcoholism as an illness can affect everyone, and describes its warning signals and

where to find help.

Publication Number (ADM)82-324.

Available: National Clearinghouse for Alcohol Information

### **¿ES AA PARA USTED?**

#### **IS AA FOR YOU?**

Asks personal questions about drinking habits and attitudes about alcohol.

Price: \$.10 each.

Available: Alcoholics Anonymous World Services

### **EL ESPOSO DE JUANA BEBE DEMASIADO**

#### **JUANA'S HUSBAND DRINKS TOO MUCH**

Illustrates a family's story and how Al-Anon helps.

Price: \$30 each.

Available: Al-Anon Family Group Headquarters

### **UNAMOS NUESTROS ESFUERZOS LET'S PULL TOGETHER**

Directed at Hispanic families, gives the message that a drinking problem by a family member is a family problem. Explains alcoholism, its danger signs, how to help the problem drinker, and where to go for help.

DHEW Publication No. (ADM) 769-326

Sample copy free.

Available: National Council on Alcoholism

### **UNAMOS NUESTROS ESFUERZOS...EL ALCOHOLISMO ES UN PROBLEMA DE TODA LA FAMILIA**

#### **LET'S PULL**

#### **TOGETHER...ALCOHOLISM IS A FAMILY PROBLEM**

Describes what alcoholism is, the danger signs, how to help the problem drinker, and where to go for help.

Publication Number (ADM) 83-326.

Available: National Clearinghouse for Alcohol Information

### **CARTA A UNA MUJER ALCOHOLICA**

#### **LETTER TO AN ALCOHOLIC WOMAN**

Offers personal experiences.

Price: \$.15 each.

Available: Alcoholics Anonymous World Services

### **VIVENDO CON UN ALCOHOLICO CON LA AYUNDA DE AL-ANON**

#### **LIVING WITH AN ALCOHOLIC WITH THE HELP OF AL-ANON**

Explains strength through Al-Anon.

Price: \$5.00 each.

Available: Al-Anon Family Group Headquarters

### **SOBRE EL ALCOHOLISMO LO QUE TODO EL MUNDO DEBE SABER**

#### **ON ALCOHOLISM**

11072 - 14381 - 2363C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

### **UN DIA A LA VEZ EN AL-ANON**

#### **ONE DAY AT A TIME WITH AL-ANON**

Suggests the Al-Anon lifestyle of one day at a time.

Price: \$4.50 each.

Available: Al-Anon Family Group Headquarters

### **OPERACIÓN AL-ATEEN: PARA LOS ADOLESCENTES HIJOS DE ALCOHOLICOS**

#### **OPERATION AL-ATEEN: FOR THE CHILDREN OF ALCOHOLICS**

Describes the Al-Ateen program.

Price: \$.10 each.

Available: Al-Anon Family Group Headquarters

### **HABLEMOS EN CLARO**

#### **PLAIN TALK**

Presents questions and answers on alcoholism: symptoms, physical effects, delirium treatments, recommended treatment, medical insurance coverage and sources of help.

DHEW Publication No. (ADM) 78-334

Available: National Clearinghouse for Alcohol Information

**¿EMBARAZADA? ANTES DE  
DARSE UN TRAGO, PIENSE...  
PREGNANT? BEFORE TAKING A  
DRINK, THINK...**

Leaflet.

Discusses the effects of alcohol on the unborn child.

Available: National Foundation of March  
of Dimes

**SINTOMAS PROGRESIVOS  
PROGRESSIVE SYMPTOMS**

Cartoon chart.

Lists steps to alcoholism, in cartoon style, 2-color.

Price: \$.20 each.

Available: National Council on Alcoholism

**ALGUNOS ASPECTOS MEDICOS  
SOBRE EL ALCOHOL Y OTRAS  
DRAGAS QUE SON ABDUSADAS  
SOME MEDICAL ASPECTS OF  
ALCOHOL AND OTHER DRUGS OF  
ABUSE**

Explains alcohol's effects on human organs, and includes other drug interactions and problems.

Price: \$1.00 each.

Available: National Council on Alcoholism

**¿SÍ QUE AMAS A UN  
ALCOHOLICO?**

**SO YOU LOVE AN ALCOHOLIC?**

Examines the disease, and suggests ways to cope.

Price: \$.10 each.

Available: Al-Anon Family Group  
Headquarters

**ALGUNOS DATOS POCO  
CONOCIDOS ACERCA DE  
DROGAS Y ALCOHOL  
SOME LITTLE-KNOWN FACTS  
ABOUT DRUGS AND ALCOHOL**

Leaflet.

Gives brief facts about marijuana, caffeine, aerosols, laxatives, barbiturates, alcohol, etc.

Available: Do It Now Foundation

**HABLEMOS EN CLARO  
SOME QUESTIONS AND ANSWERS  
ON ALCOHOLISM**

High School/Adult Reading Level.

A question and answer format covers what alcoholism is, symptoms, affects, "DT's", treatment, treatment groups, costs of treatment and where help can be found. A list of addresses for organizations providing information on alcoholism is given.

DHHS Publ. No. (ADM) 81-334

Available: National Institute on Alcohol  
Abuse and Alcoholism

**LO QUE CADA ADOLESCENTE  
DEBE SABER SOBRE EL ALCOHOL  
TEENS & ALCOHOL**

12161 - 14878 - 2528C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**EL ALCOHOLICO ES UNA  
PERSONA ENFERMA QUE PUEDE  
SER AYUDADA**

**THE ALCOHOLIC IS A SICK PERSON  
WHO CAN BE HELPED**

Gives the who, where, and why of the alcoholic, and how to help.

Price: \$.20 each.

Available: National Council on Alcoholism

**EL GATO QUE TOMABA MUCHO  
THE CAT WHO DRANK TOO MUCH**

Tells the story of a cat's bout with alcoholism.

Price: \$3.50 each.

Available: National Council on Alcoholism

**EL SINDROME DEL BORRACHO  
SECO**

**THE DRY DRUNK SYNDROME**

Explains to family members how the alcoholic can cope with strong feelings during abstinence.

Price: \$.70 each.

Available: National Council on Alcoholism

**LA IMPORTANCIA DE TOMAR  
DECISIONES EN LA PREVENCIÓN  
DEL USO ABUSO DEL ALCOHOL  
EN LAS VIAS PÚBLICAS**

**THE IMPORTANCE OF MAKING  
DECISIONS IN THE PREVENTION OF  
USE AND ABUSE OF ALCOHOL IN  
PUBLIC LIFE**

Junior High Reading Level

Booklet about alcohol and traffic safety rules to prevent accidents. It also covers the importance of decision making (Reality Therapy) in the prevention of accidents.

Available: Dept. of Education, Vocational,  
Technical & High Skill  
Education Programs

**EL DILEMA DEL MATRIMONIO  
CON UN ALCOHOLICO**

**THE MARITAL DILEMMA WITH AN  
ALCOHOLIC**

Talks about difficulties of a marital relationship with an alcoholic spouse.

Price: \$4.50 each.

Available: Al-Anon Family Group  
Headquarters

**LOS DOCE PASOS**

**THE TWELVE STEPS**

Booklet.

Spells out the twelve steps in the Alcoholics Anonymous program. Alcoholics Anonymous has a wide array of publications and other materials in Spanish on alcoholism and its program. The materials are prepared for the alcoholic person, his family and others.

Available: Alcoholics Anonymous World  
Services

**PIENSE PRIMERO EN SU HIJO  
QUE ESTÉ POR NACER DICE EL  
DR. REX MORGAN**

**THINK FIRST OF YOUR UNBORN  
CHILD SAYS DR. REX MORGAN**

Pamphlet.

This Rex Morgan comic book makes the point that drinking while pregnant can cause harm to the unborn child.

Available: Food and Drug Administration

**ESTO ES AA**

**THIS IS AA**

Defines the organization, and offers brief explanations of alcoholism as a disease of old and young alike and how the illness affects society.

Price: \$.15 each.

Available: Alcoholics Anonymous World  
Services

**A LOS PADRES DE LOS  
ALCOHOLICOS**

**TO THE PARENTS OF ALCOHOLICS**

Offers practical suggestions to help parents cope with alcoholic children.

Price: \$.25 each.

Available: Al-Anon Family Group  
Headquarters

**VIVIR EN SOBRIEDAD**

**TO LIVE IN SOBRIETY**

Describes problems, questions, and emotions encountered by the alcoholic trying to remain sober.

Price: \$1.15 each.

Available: Alcoholics Anonymous World  
Services

**¡SALUD...SALUD! PARA (SU) TU  
SALUD . . . TAL VEZ NO**

**TO YOUR HEALTH! WELL...MAYBE  
NOT**

Discusses, for Hispanic men, social drinking and problem drinking. Sample copy free.

DHEW Publication No. (ADM) 78-325

Available: National Clearinghouse for  
Alcohol Information

**¿CUÁLES SON LOS SINTOMAS  
DEL ALCOHOLISMO?**

**WHAT ARE THE SIGNS OF  
ALCOHOLISM?**

Lists 26 questions useful in detecting alcoholism, and indicates stages of the disease.

Price: \$.20 each.

Available: National Council on Alcoholism

**LO QUE CADO GUIEN DEBE  
SABER ACERCA DEL ALCOHOL  
WHAT EVERYONE SHOULD KNOW  
ABOUT ALCOHOL**

Explains, in cartoon style, the effects and stages of alcoholism.

Price: \$.50 each.

Available: National Council on Alcoholism

**¿QUÉ ES "BORRACHO" MAMÁ?  
WHAT IS "DRUNK" MAMA?**

Describes feelings of young children and how Al-Anon and Al-Ateen can help them cope.

Price: \$.75 each.

Available: Al-Anon Family Group  
Headquarters

**LOS JOVENES Y AA  
YOUTH AND AA**

Includes a questionnaire on drinking, written by children of alcoholics.

Price: \$.20 each.

Available: Alcoholics Anonymous World  
Services

**TU DECISIÓN  
YOUR DECISION**

Especially designed for Hispanic youth, helps them decide whether or not to drink and if so in what quantity.

DHEW Publication No. (ADM) 80-335

Sample copy free.

Available: National Clearinghouse for Alcohol  
Information

**NO ESTAS SOLO  
YOU'RE NOT ALONE**

Reading level is from fourth to sixth grade.

Children of alcoholics face unique problems, among them the feeling of helplessness. Written and clearly illustrated for children, relates the sure signs of alcoholism and explains how each member of the family is affected. Offers both hope and practical advice on how children and their families can get help. Included are the names of resource groups and a bibliography. Reading level is from fourth to sixth grade.

Stock No. E-85-207.

Quantity prices per each copy:

1+ \$2.75

6+ \$2.00

11+ \$1.50

26+ \$1.25

100+ \$1.00

Available: National Committee for Prevention  
of Child Abuse

**LO QUE ADULTOS JOVENES  
DEBERÍAN SABER SOBRE EL  
ALCOHOL Y EL CONDUCIR  
YOUNG ADULTS ALCOHOL/DRIVING**

13425 - 43067 - 2841D

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

**AUDIOVISUAL AIDS**

**EXCUSAS PARA EL USO DEL  
ALCOHOL EN TODAS LAS  
ESTACIONES DEL AÑO  
A CRUTCH FOR ALL SEASONS**

16mm, sound, color, 22 minutes.

Reveals how people depend on false dependencies to help them face life. The film theme shows the beauty of life without crutches such as alcohol.

Available: Narcotics Education

**TIEMPO DE DECISIÓN  
A TIME FOR DECISION**

16mm, sound, color, 29 minutes.

Provides a view of the familial and social problems of a middle-class alcoholic person. Deals with the emotional and economic consequences of alcoholism.

Available: Southerby Productions

**ALCOHOL, DROGAS Y USTED  
ALCOHOL, DRUGS AND YOU**

35mm slides, sound, color, 12 minutes.

Demonstrates that alcohol can seriously alter the effects of many prescription and non-prescription medications.

Available: Texas Pharmaceutical Association

**ALCOHOL: EL ENTENDIMIENTO  
DE SU USO**

***ALCOHOL: AN UNDERSTANDING OF  
THE DRUG, ALCOHOL: OVERVIEW***

35mm filmstrip, slides, sound, color, 24 minutes. Illustrates factors that make people react to alcohol in different ways; examines pharmacological effects; sketches history and social cost of drinking; and traces biomedical, psychological and sociological causes of alcoholism.

Available: State University of New York

**EL ALCOHOL: UN NUEVO  
ENFOQUE**

***ALCOHOL: A NEW FOCUS***

16mm, sound, color.

Narrated by TV actor James Brolin. Presents facts on which young people can base their decisions on whether or not to drink, and if so, in what quantity. Cites medical and psychological effects and the reasons why people drink.

Available: American Educational Films

**EL ALCOHOL  
ALCOHOL**

16mm, sound, color, 5 minutes.

Shows how alcohol works on the body's chemistry. Presents various drinking practices in American culture.

Available: National Audio Visual Center

**99 BOTELLAS DE CERVEZA  
NINETY-NINE BOTTLES OF BEER**

16mm, sound color, 23 minutes.

Relates experiences and feelings of young people as they relate to alcohol. Points out psychological basis for involvement with alcohol and drugs in a way that young people understand.

Available: Southerby Productions

**HASTA LUEGO  
SO LONG PAL**

16mm, sound, color, 22 minutes.

Tells the story of a man who believes that alcoholism is a problem only other people have. Exposes the social pressures that can lead to alcoholism. Particular emphasis is placed on the dangers of driving while under the influence of alcohol.

Available: Southerby Productions

**EL MEXICOAMERICANO  
ALCOHÓLICO**

***THE ALCOHOLIC MEXICAN  
AMERICAN***

Video and audio cassette, sound, color.

Explores alcohol and alcoholism as they affect Mexican Americans.

Available: Pacific Coast Video

**EL CARRO NUEVO  
THE NEW CAR**

16mm, sound color, 22 minutes.

Tells the story of a middle-aged Chicano from East Los Angeles who is arrested for driving while intoxicated. The film's message is the legal consequences the drunk driver must face.

Available: Southerby Productions

**EL AMOR SECRETO DE SANDRA  
BLAIN**

***THE SECRET LOVE OF SANDRA  
BLAIN***

16mm, sound, color, 28 minutes.

Shows the step-by-step progression into alcoholism of a suburban wife and mother.

Dramatizes the fact that half of the alcoholics in the U. S. are women.

Available: Southerby Productions

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## ALLERGIES

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### **BUENOS AVISOS PARA EVITAR ALERGIAS DE INFANTES**

#### ***GOOD ADVICE TO AVOID INFANT ALLERGIES***

Junior High School Reading Level. 11/78

Advice and symptoms of various food allergies.

Available: Colorado Department of Health

### **¿ES SU CHICO ALERGICO A LA LECHE?**

#### ***IS YOUR CHILD ALLERGIC TO MILK?***

Junior High School Reading Level.

Explains symptoms of children who are allergic to milk and the causes of allergies. Advice on diet to combat allergies to milk.

Available: Sintex Laboratories, Inc.

March, 1989

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## ALZHEIMER'S DISEASE

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**SOBRE LA ENFERMEDAD DE  
ALZHEIMER**

*ABOUT ALZHEIMER'S DISEASE*

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.



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## ANESTHESIA

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**LO QUE USTED DEBE SABER**

**SOBRE LA ANESTESIA**

***ABOUT ANESTHESIA***

11700 - 11932 - 2547C

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

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## ARTHRITIS

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### **ARTRITIS EN LOS NIÑOS**

#### **ARTHRITIS IN CHILDREN**

Leaflet.

Provides answers to common questions on juvenile rheumatoid arthritis such as symptoms, consequences of the disease, and care of the child.

Available: Arthritis Foundation

### **ARTRITIS: LOS DATOS BÁSICOS**

#### **ARTHRITIS: THE BASIC FACTS**

Leaflet.

Gives a comprehensive overview of the causes, types, treatments and misunderstandings of arthritis.

Available: Arthritis Foundation

### **EL CHARLATANISMO DE LA**

#### **ARTRITIS**

#### **ARTHRITIS QUACKERY**

Pamphlet.

Tells how to spot hoaxes used to bilk arthritis victims.

Available: Arthritis Foundation

### **LO BÁSICO ACERCA DE ARTRITIS**

#### **BASICS OF ARTHRITIS**

Explains common misconceptions about arthritis. Forms of arthritis, facts about the Arthritis Foundation and its chapters, and other pertinent information.

Available: Arthritis Foundation

### **DOLORES Y ESPERANZA (ARTRITIS)**

#### **DOLORES AND HOPE**

Available: Arthritis Foundation

### **HOME FOOT CARE FOR ARTHRITICS**

Leaflet.

Teaches proper foot care at home for the patient with arthritis.

Available: California College of Podiatric Medicine Bookstore

### **PATIENT EDUCATION MATERIALS IN SPANISH.**

Describes patient education materials that focus on causes, symptoms, and treatments of arthritis and lupus. Materials listed are not available from the Clearinghouse but are distributed by other organizations. Ordering information is provided.

Available: Arthritis Information Clearinghouse

### **OSTEOARTRITIS Y USTED**

#### **YOU AND OSTEOARTHRITIS**

Leaflet.

Describes the symptoms and treatments of osteoarthritis and the dangers of misinformation.

Available: Arthritis Foundation

### **AUDIOVISUAL AIDS**

### **ARTRITIS REUMATOIDEA**

#### **RHEUMATOID ARTHRITIS**

21 minutes.

Describes how rheumatoid arthritis affects the body and explains the goals of treatment and the role of rest, heat, exercise and medications in treatment.

#2710.

Price: \$295.00

Available: Professional Research, Inc.

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## AUTISM

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### **DATOS CONCRETOS AUTISMO**

#### ***FACTS ABOUT AUTISM***

Explains what autism is, what causes it, its symptoms, how it is diagnosed, and other important facts about the disease.

Publication Number (NIH) 81- 2282.

Available: **National Institute of Neurological  
and Communicative Disorders and Stroke**

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## BACK PROBLEMS

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**EL ABC DE MOVER Y LEVANTAR  
COSAS CON SEGURIDAD**  
*MOVING & LIFTING THINGS SAFELY*

13730 - 43083

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**USTED Y SU ESPALDA  
YOU AND YOUR BACK**

10744 - 13482 - 2385D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

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## BEREAVEMENT

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### **DOLOR Y COMPRENSION**

#### ***UNDERSTANDING GRIEF***

Explains feelings and behaviors to be expected,  
and grief processes after the loss of a child.

Price: \$5.25/50; \$10.50/100.

Available: **The Compassionate Friends**

**March, 1989**

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## **BILHARZIA**

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### ***BILHARZIA***

Junior High Reading Level

This booklet gives answers to questions you may have about bilharzia.

Available: Puerto Rico Department of Education

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## CANCER

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### **ALIVE!**

Pap Test Poster.

Emphasizes the importance of the Pap test.

Code 2113.

Available: The American Cancer Society

### **LOS EXAMENES DE LOS SENOS BREAST EXAMINATION**

14 pp. pamphlet, plus chart illustrating self-examination.

Available: The American Cancer Society

### **AUTOEXAMEN DE LOS SENOS BREAST SELF-EXAMINATION**

Booklet.

Details the various positions and methods for women to examine themselves for signs of breast cancer.

DHEW Pub. No. (NIH) 78-1292.

Single copy free.

Available: National Cancer Institute

### **LOS EXAMENES DE LOS SENOS: ¿QUE DEBE USTED SABER SOBRE ELLOS?**

*BREAST EXAMS: WHAT SHOULD  
YOU KNOW ABOUT THEM?*

Provides answers about breast cancer screening methods, and includes instructions for self-examination.

Publication Number (NIH) 82-2138.

Available: National Cancer Institute

### **CANCER EL LOS HOMBRES CANCER FACTS FOR MEN**

Pamphlet.

Concentrates on those cancers that occur most commonly in men and what can be done to prevent or diagnose them early.

Code 2624.

Available: The American Cancer Society

### **CANCER EN LAS MUJERES CANCER FACTS FOR WOMEN**

Pamphlet.

Like Cancer Facts for Men, discusses most common cancers of women.

Code 2623.

Available: The American Cancer Society

### **CHARLATANERÍA DEL CANCER CANCER QUACKERY: LAETRILE**

Booklet.

Gives information about what Laetrile is and why it is being promoted by several organizations. Easy to understand language.

Code 2625.

Available: The American Cancer Society

### **LAS DIFERENTES PARTES DEL CANCER EN EL CUERPO CANCER SITE SERIES**

Booklets.

Provides readers with basic, concise information on various sites of cancer. Gives comprehensive information about detection, diagnosis, treatment and current research for both general public and patients. Titles available separately as well.

Available: The American Cancer Society

### **LEUCEMIA INFANTIL. FOLLETO PARA LOS PADRES CHILDHOOD LEUKEMIA**

Available: U. S. Department of Health & Human Services

### **DESPEJANDO EL AIRE: GUÍA PARA DEJAR DE FUMAR CLEARING THE AIR: A GUIDE TO QUITTING SMOKING**

Offers a variety of approaches to smoking cessation.

Publication Number (NIH) 81-2146.

Available: National Cancer Institute

### **EL CONTROL DEL DOLOR Y EL CANCER**

*CONTROL OF CANCER PAIN*

Provides fact sheets describing medical and non-medical methods of dealing with cancer pain.

Available: National Cancer Institute

**CANCER COLORECTAL  
DETECTELO AL PRINCIPIO**

**EARLY DETECTION OF  
COLORECTAL CANCER**

Offers information about colorectal cancer.

Available: The American Cancer Society

**NO TODO CAUSA CANCER  
EVERYTHING DOESN'T CAUSE  
CANCER**

Answers some common questions about causes and prevention of cancer.

Publication Number (NIH) 81-2302.

Available: National Cancer Institute

**DATOS SOBRE TIPOS DEL  
CANCER. LO QUE USTED DEBE  
SABER SOBRE EL CANCER DEL  
COLON Y DEL RECTO**  
**FACTS ABOUT COLON AND RECTAL  
CANCER**

Available: National Cancer Program

**DATOS SOBRE TIPOS DEL  
CANCER. LO QUE USTED DEBE  
SABER SOBRE EL CANCER DEL  
PULMON.**

**FACTS ABOUT LUNG CANCER**

Available: National Cancer Program

**DATOS SOBRE TIPOS DE  
CANCER. LO QUE USTED DEBE  
SABER SOBRE EL CANCER DE LA  
BOCA**

**FACTS ABOUT MOUTH CANCER**

Available: National Cancer Program

**DATOS SOBRE TIPOS DEL  
CANCER. LO QUE USTED DEBE  
SABER SOBRE EL CANCER DEL  
UTERO.**

**FACTS ABOUT UTERINE CANCER**

Available: National Cancer Program

**BUENAS NOTICIAS, MEJORES  
NOTICIAS, LAS MEJORES  
NOTICIAS...PREVENCIÓN DEL  
CANCER**

**GOOD NEWS, BETTER NEWS, BEST  
NEWS...CANCER PREVENTION**

Provides information on cancer risks, and simple ways to reduce them.

Publication Number (NIH) 84-2674.

Available: National Cancer Institute

**¿DISPONE DE UNOS MINUTOS?  
GOT A FEW MINUTES?**

Pamphlet.

Explains the basic steps of breast self-examination with illustrations. Stresses its two-fold purpose of early detection and increased awareness of the body.

Code 2640..

Available: The American Cancer Society

**¿HA PENSADO UD. ACERCA DEL  
CANCER EN EL SENO...?**

**HAVE YOU THOUGHT ABOUT  
BREAST CANCER?**

Contains information on symptoms of breast cancer, detection, diagnosis, and treatments.

Available: National Cancer Institute

**COMO EXAMINARSE LOS SENOS  
HOW TO EXAMINE YOUR BREASTS**

Wallchart, 6"x24".

Discusses how women should check for cancer with breast self-examination.

Code 2116.

Available: The American Cancer Society

**YO SÉ QUE DEBO... CUIDAR DE MI  
IT'S MY LIFE...MY CHOICES**

Pamphlet.

Encourages women to get a regular Pap test and older women to see a doctor at the first sign of abnormal bleeding because of the risk of endometrial cancer.

Code 2084.

Available: The American Cancer Society



**NO TODO CAUSA CANCER,  
PERO...¿COMO PODEMOS  
RECONOCER LAS SUSTANCIAS  
QUIMICAS QUE LO PROVOCAN - Y  
LAS QUE NO LO PROVOCAN?  
NOT EVERYTHING CAUSES CANCER  
- HOW WE CAN RECOGNIZE THE  
SUBSTANCES THAT CAN CAUSE IT**  
Available: U. S. Department of Health &  
Human Services

**AHORA EN LA PRIVACIDAD . . .  
NOW IN THE PRIVACY...**  
Poster.

Encourages adults to take the colorectal cancer  
test.  
Code 2130.  
Available: The American Cancer Society

**PROGRESO CONTRA EL CANCER  
DEL SENO. LO QUE USTED  
PUEDE HACER.  
PROGRESS AGAINST BREAST  
CANCER. WHAT YOU SHOULD  
KNOW**  
Available: National Cancer Institute

**DEJE LOS CIGARRILLOS - VIVE  
MÁS TIEMPO  
QUIT CIGARETTES - LIVE LONGER**  
Gives health benefits, including money-saving  
figures, for quitting smoking.  
Available: American Cancer Society

**ESTUDIO (BÚSQUEDA) PARA EL  
EXAMEN . . .  
REACH FOR THE TEST...**  
Poster.  
Encourages the public to have regular cancer  
tests.  
Code 2141.  
Available: The American Cancer Society

**RESGUARDOS CONTRA CÁNCER  
SAFEGUARDS AGAINST CANCER**  
Folder with mini-quiz. Discusses the ways an  
individual can protect himself against cancer; stop-  
ping smoking, avoiding too much sun, and  
practicing monthly breast self-examination.

Code 2073.  
Available: The American Cancer Society

**EL AUTOEXAMEN DEL SENO  
SELF BREAST EXAMINATION**  
Available: U. S. Department of Health &  
Human Services

**EL PAP TEST...  
THE PAP TEST**  
Poster.

With a contemporary drawing of a close family  
scene, transmits the message of the Pap Test as  
a life-saving habit for mothers.  
Code 2102.  
Available: The American Cancer Society

**LO QUE USTED DEBE SABER  
SOBRE EL CANCER  
WHAT YOU SHOULD KNOW ABOUT  
CANCER**  
Answers questions on cancer causes, preven-  
tion, and treatment for people of Hispanic  
origin.  
Publication Number (NIH) 83-1828.  
Available: National Cancer Institute

**LO QUE USTED DEBE SABER  
SOBRE EL CANCER  
WHAT YOU SHOULD KNOW ABOUT  
CANCER**  
Booklet.  
Bilingual discussion of cancer, its causes, and  
methods to guard against it.  
DHEW Pub. No. (NIH) 79-1828.  
Available: The American Cancer Society

**LO QUE USTED DEBE SABER  
SOBRE EL CANCER  
WHAT YOU NEED TO KNOW ABOUT  
CANCER**  
Available: U. S. Department of Health &  
Human Services

**LOS EXAMENES DE LOS SENOS.  
¿QUE DEBE USTED SABER  
SOBRE ELLOS?  
WHAT YOU NEED TO KNOW ABOUT  
BREAST EXAMS**  
Available: U. S. Department of Health &  
Human Services

**LO QUE DEBEMOS SABER SOBRE EL CANCER**

**WHAT WE KNOW ABOUT CANCER**

Adult Reading Level

This leaflet discusses causes of cancer and gives information about diagnosis, treatment and cure.

Available: Estado Libre Asociado De Puerto Rico

*The following fact booklets describe signs and symptoms, diagnostic procedures, risk factors, current treatments, prognosis and future research, and include a list of seven cancer warning signs.*

Available: American Cancer Society

**VERDADES EN EL CANCER DEL SENO**

**FACTS ON BREAST CANCER**

(Code 2701)

**VERDADES EN EL TRATAMIENTO DEL CANCER**

**FACTS ON CANCER TREATMENT**

(Code 2709)

**VERDADES DEL CANCER EN LA INFANCIA-NIÑEZ**

**FACTS ON CHILDHOOD CANCER**

(Code 2702)

**VERDADES DEL CANCER EN LA RECTO Y COLON**

**FACTS ON COLON-RECTUM CANCER**

(Code 2703)

**VERDADES EN LEUCEMIA**

**FACTS ON LEUKEMIA**

(Code 2704)

**VERDADES EN EL CANCER DE LOS PULMONES**

**FACTS ON LUNG CANCER**

(Code 2705)

**VERDADES DEL CANCER ORAL**

**FACTS ON ORAL CANCER**

(Code 2706)

**VERDADES DEL CANCER EN LA PROSTATA**

**FACTS ON PROSTATE CANCER**

(Code 2707)

**VERDADES DEL CANCER EN EL ÚTERO**

**FACTS ON UTERINE CANCER**

(Code 2708)

**VERDADES SOBRE EL CANCER COLORECTAL**

**FACTS ABOUT COLORECTAL CANCER**

**¿DISPONE DE UNOS MINUTOS?  
GOT A MINUTE?**

**CHARLATANERÍA SOBRE EL CANCER**

**LAETRILLE**

**PRECAUCIONES CONTRA EL CANCER**

**PRECAUTIONS AGAINST CANCER**

**CUANDO FUMA LA MUJER  
WHEN A WOMAN SMOKES**

**LO QUE MUCHAS PERSONAS NO SABEN SOBRE EL CANCER**

**WHAT MANY PEOPLE DON'T KNOW ABOUT CANCER**

**¿PREOCUPADO POR EL CANCER? CONOZCA LAS SIETE FORMAS DE PROTEGERSE**

**60 WAYS TO PROTECT YOURSELF AGAINST CANCER**

## **AUDIOVISUALS**

### **LA PUBERTAD Y LA REPRODUCCIÓN ABOUT PUBERTY AND REPRODUCTION**

16mm, color, 10 minutes.

Explains physiological changes that take place in male and female reproductive cycle.

Available: National Film Board of Canada

### **AUTOEXAMEN DEL SENO BREAST SELF-EXAMINATION: A PLAN FOR SURVIVAL**

16 mm, sound, color, 10 min.

Designed for use in clinics. Demonstrates the technique of breast self-examination and explains the differences in body types and the need for breast self-examination.

Available: Maternity-Infant Care Family Planning Program

### **DETECCIÓN DEL CANCER, AUTOEXAMEN DEL SENO Y EXAMEN DEL CANCER EL LA MATRIZ**

#### **CANCER DETECTION: SELF-EXAMINATION OF THE BREAST AND PAP SMEAR**

Sound, color. Available in 5 mm filmstrip, slides, video tape and other formats.

Discusses the necessity of self-examination, where and how to look, and what to do if a lump is found. Also discusses cancer of the cervix and the Pap smear.

Available: Medcom/Trainex, Inc.

### **ENCUENTRE EL CANCER EN SU COMIENZO**

#### **FIND EARLY CANCER**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Aimed at alerting people to the importance of regular examination to detect early cancer.

Presents the seven warning signals of cancer with an explanation of why each is important, then outlines the importance of regular physical examinations with appropriate laboratory tests for the detection of early asymptomatic cancer.

Available: Medfact, Inc.

### **DE UNA CÉLULA FROM ONE CELL**

16mm, 14 min.

Directed to secondary school biology, explains the cell's structure and functioning, particularly abnormal cell growth, or cancer.

Code 2330.

Available: The American Cancer Society

### **COMO EXAMINARSE LOS SENOS HOW TO EXAMINE YOUR BREASTS**

Sound, color, 7 1/2 min. Available in 16mm, 8mm, Super 8mm.

Demonstrates methods and procedures for breast self-examination.

Code 2349.

Available: The American Cancer Society

### **LUISA TENIA RAZÓN LUISA WAS RIGHT**

16mm, 8mm, Super 8mm, sound, color, 11 1/2 min.

Shows how cancer of the uterus can be detected when it is most curable by the Pap test.

Code 2371.

Available: The American Cancer Society

### **¡MATRIZ HOMBRE! MAN ALIVE!**

16mm, sound, color, 12 min.

Discusses how foolish it is to react to cancer with unreasoning fear.

Code 2339.

Available: The American Cancer Society

### **AUTOEXAMEN DE LOS SENOS SELF-EXAMINATION OF THE BREASTS**

16mm, Super 8mm, video tape, sound, color, 7 1/2 minutes.

Step-by-step instructions for visual and manual inspection; normal variations, warning signs.

Available: Professional Research, Inc.

### **AFECTO DEL SOLEN LA PIEL SENSE IN THE SUN**

16mm, 14 min.

Discusses skin cancer and its treatment, using the story of an elderly fisherman who worked many years in the sun.

Code 2331.19

Available: The American Cancer Society

**EXAMEN DE CANCER EN LA  
MATRIZ Y AUTOEXAMEN DEL  
SENO**

***THE PAP TEST AND SELF-BREAST  
EXAMINATION***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of the Pap Test including what is done during a pelvic examination. This is followed by an illustrated description of the proper method of examining the breasts.

Available: Medfact, Inc.

**LA MUJER MERECE LO MEJOR  
WOMEN DESERVE THE BEST**

Super 8mm, 16mm, sound color, 14 minutes.

Discusses the Pap test and the needless fear some women experience when the test is recommended to them.

Code 2338.

Available: The American Cancer Society

## CARDIOVASCULAR DISEASES

**GUÍA PARA REDUCIR DE PESO**  
**A GUIDE FOR WEIGHT REDUCTION**  
 Offers a guide to fat-controlled diets designed to lower cholesterol levels.  
 Publication Number 50-034-B.  
 Available: American Heart Association

**DESPUÉS DE UN ATAQUE AL CORAZÓN**  
**AFTER A HEART ATTACK**  
 Deals with questions and concerns following a heart attack.  
 Publication Number 50-001-C.  
 Available: American Heart Association

**LA PRESIÓN DE LA SANGRE**  
**BLOOD PRESSURE**  
 Leaflet.  
 Explains high blood pressure and its symptoms; discusses what the individual can do about it.  
 Available: American Heart Association

**USTED Y SU PRESIÓN SANGUÍNEA**  
**BLOOD PRESSURE**  
 11635 - 14365 2392D.  
 Price: varies depending on quantities ordered.  
 Available: Channing L. Bete Company, Inc.

**DIETA Y SU CORAZÓN**  
**DIET & YOUR HEART**  
 112585 - 14498 2715C.  
 Price: varies depending on quantities ordered.  
 Available: Channing L. Bete Company, Inc.

**COMA BIEN, PERO CON SABIDURÍA**  
**EAT WELL BUT EAT WISELY**  
 Leaflet.  
 Gives recommendations for fat controlled, low cholesterol meals.  
 Publication Number 51-005-B.  
 Available: American Heart Association

**SU CONDICIÓN FÍSICA Y SU CORAZÓN**  
**FITNESS & YOUR HEART**  
 11619 - 14506 2612C.  
 Price: varies depending on quantities ordered.  
 Available: Channing L. Bete Company, Inc.

**ENDURECIMIENTO DE LAS ARTERIAS - CAUSA DE ATAQUES CARDIACOS**  
**HARDENING OF THE ARTERIES - CAUSE OF HEART ATTACKS**  
 Fact Sheet.  
 Explains hardening of the arteries and problems it causes; discusses what factors cause the disease such as heredity and diet.  
 DHEW Publ. No. (NIH) 87-735.  
 Available: National Heart, Lung, and Blood Institute

**ENFERMEDADES DEL CORAZÓN**  
**HEART DISEASE**  
 Booklet.  
 Discusses the importance of history, physical exams, special tests in diagnosing risk factors for heart attack and the steps to take if someone has a heart attack.  
 DHEW Publ. No. (NIH) 78-1009.  
 Available: National Heart, Lung, and Blood Institute

**PRESIÓN ALTA DE LA SANGRE**  
**HIGH BLOOD PRESSURE**  
 Explains "primary" high blood pressure, the most common kind, its causes, and what can be done for it.  
 Publication Number 50-042-C.  
 Available: American Heart Association

**LA PRESIÓN ALTA (EDITADO PARA LA SERIE VIDA)**  
**HIGH BLOOD PRESSURE (DESIGN FOR LIFE SERIES)**  
 Pamphlet.  
 Explains how this disease affects its victims and how it can be kept under control.  
 Available: Blue Cross/Blue Shield of Connecticut

**ALTA PRESIÓN DE LA SANGRE:  
LO QUE USTED Y SU FAMILIA  
DEBAN SABER**

*HIGH BLOOD PRESSURE: THINGS  
YOU AND YOUR FAMILY SHOULD  
KNOW*

Describes high blood pressure, its treatment, the need to follow doctor's advice, and the role of the patient's family.

Publication Number (NIH)81-2025.

Available: High Blood Pressure Information Center

**VERDAD Y FICCIÓN SOBRE LA  
PRESIÓN ARTERIAL ALTA**

*HIGH BLOOD PRESSURE: FACTS  
AND FICTION*

Leaflet.

Presents facts as it dispels rumors concerning high blood pressure, its symptoms, and its treatment.

DHEW Publ. No. (NIH) 79-1477.

Available: U. S. Government Printing Office

**VERDAD Y FICCIÓN SOBRE LA  
PRESIÓN ARTERIAL ALTA**

*HIGH BLOOD PRESSURE FACTS  
AND FICTION*

Corrects four major misconceptions about high blood pressure.

Publication Number (NIH)84-1218.

Available: High Blood Pressure Information Center

**CUIDADO DE LOS PIES EN CASA  
PARA ENFERMEDAD PERFERAL  
VASCULAR**

*HOME FOOT CARE FOR  
PERIPHERAL VASCULAR DISEASE*

Leaflet.

Teaches proper home care of the foot for the person with peripheral vascular disease.

Available: California College of Podiatric Medicine Bookstore

**COMO DIAGNOSTICAN LOS  
MEDICOS LAS ENFERMEDADES  
DEL CORAZÓN**

*HOW DOCTORS DIAGNOSE HEART  
DISEASE*

Presents information on diagnosis and treatment of coronary artery disease, including catheterization, electrocardiograms, exercise, testing, and cineangiography.

Publication Number (NIH)78-1009.

Available: National Heart, Lung, and Blood Institute

**SOPLOS "INOCENTES" EN EL  
CORAZÓN DE LOS NIÑOS**  
*INNOCENT HEART MURMURS IN  
CHILDREN*

Leaflet.

Discusses heart sounds in children and the doctor's examination.

Available: American Heart Association

**PROTEJA EL CORAZÓN DE SUS  
HIJOS**

*PROTECT YOUR CHILDREN'S  
HEARTS*

Pamphlet.

Explains to mothers why it is important to take the child who suffers from frequent sore throats to the clinic.

Available: American Heart Association

**¡ASÍ QUE TENGO LAS  
CARACTERISTICAS DE LAS  
CÉLULAS FALCIFORMES!**  
*SO YOU HAVE THE SICKLE CELL  
TRAIT!*

Explains in simple language the sickle cell trait and its heredity factor.

Publication Number (NIH)78-749.

Available: National Heart, Lung, and Blood Institute

**DIEZ MANDAMIENTOS PARA EL  
PACIENTE CON ALTA PRESIÓN  
ARTERIAL**

**TEN COMMANDMENTS FOR HIGH  
BLOOD PRESSURE PATIENTS**

Wallet card.

Lists ten basic points persons with HBP need to know to control hypertension. Back of card provides space to record daily blood pressure measurements.

Available: American Heart Association

**COMA BIEN PERO CON  
PRUDENCIA, PARA REDUCIR EL  
RIESGO DE UN ATAQUE  
CARDIACO**

**WHAT YOU CAN DO TO REDUCE THE  
RISK OF HEART ATTACK**

Adult Reading Level.

Provides information about cholesterol diet to prevent heart attacks.

Available: American Heart Association

**LO QUE USTED NECESITA SABER  
SOBRE LA ANGINA DE PECHO  
WHAT YOU NEED TO KNOW ABOUT  
ANGINA**

Available: Parke-Davis

**¿POR QUE ARRIESGAR UN  
ATAQUE AL CORAZÓN?**

**WHY RISK HEART ATTACK?**

Lists seven ways to guard against heart attack.

Publication Number 51-021-D.

Available: American Heart Association

**USTED Y SU CORAZÓN  
YOU & YOUR HEART**

11239 - 14480 2681C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc. or  
American Heart Association

**AUDIOVISUAL AIDS**

**BARNEY BUTT**

16mm, sound color, 12 min.

Animated cartoon with music tells of ill-fated

young man addicted to smoking. Relays a strong anti-smoking message.

Available: American Heart Association

**MEJORES VENTAJAS PARA UNA  
VIDA MÁS LARGA**

**BETTER ODDS FOR A LONGER LIFE**

16mm, sound, color, 20 min.

Animated cartoon film traces the history of cardiovascular disease and highlights ways of reducing risk of heart attack.

Available: American Heart Association

**CAUSAS DE LA ENFERMEDAD  
CAUSES OF CORONARY DISEASE**

Sound, Color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents coronary risk factors and briefly describes each, emphasizing those which can be modified by treatment.

Available: Medfact, Inc.

**ENFERMEDAD DEL CORAZÓN  
CORONARY HEART DISEASE**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Provides an overview of coronary heart disease. Explains causes, pathology, and the reasons for symptoms. Includes a discussion myocardial infarction.

Available: Medfact, Inc.

**SU DIETA Y SU CORAZÓN**

**DIET AND YOUR HEART**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents fundamental information about blood, cholesterol, and triglyceride with emphasis on how they can be affected by diet. Explains the importance of fat restriction, carbohydrate restriction, and weight control.

Available: Medfact, Inc.

**ALTA PRESIÓN DE SANGRE  
HIGH BLOOD PRESSURE**

16mm, Super 8mm, video tape, sound, color, 18 minutes.

Discusses essential hypertension and its consequences; presents the goals and benefits of treatment; details how to control the disease with diet and other measures.

Available: Professional Research, Inc.

**CUIDADO RECUPERATIVO DEL  
PACIENTE CARDIACO**  
*POST CORONARY CARE*

16 minutes.

Reviews causes of heart attacks, explains how the heart heals, and discusses the reconditioning periods.

#2702

Price: \$295.00

Available: Professional Research, Inc.

**ATAQUE**  
*STROKE*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Gives a detailed description of the pathology and physiology of stroke; intended for the instruction of family members of the stroke patient. Emphasizes the reasons for prolonged and intensive physical therapy.

Available: Medfact, Inc.

**SINTOMAS DE LA ENFERMEDAD  
DEL CORAZÓN**  
*SYMPTOMS OF CORONARY HEART  
DISEASE*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Briefly discusses coronary heart disease with emphasis only on the relationship of symptoms to underlying disease. Explains the nature of angina and its relief by rest and relaxation.

Available: Medfact, Inc.

**LO QUE VA HACIA ARRITA**  
*WHAT GOES UP*

16mm, sound, color, 12 min.

Answers important questions about high blood pressure and shows that with proper doctor's advice it can be kept under control.

Available: American Heart Association



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## CEREBRAL PALSY

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### **LOS NIÑOS NO TIENEN QUE TENER SARAMPIÓN**

*CHILDREN DON'T HAVE TO HAVE  
MEASLES*

Describes measles and the importance of vaccination against the disease.

Available: United Cerebral Palsy Association

### **LO QUE DEBEN Y NO DEBEN HACER LAS FUTURAS MADRES**

*DO'S AND DON'TS FOR  
PROSPECTIVE MOTHERS*

Gives facts women should know before and during pregnancy.

Available: United Cerebral Palsy Association

### **COMO CUIDAR NIÑOS CON PARALISIS CEREBRAL**

*HANDLING THE YOUNG CEREBRAL  
PALSIED CHILD AT HOME*

Paperback book by Nancy Finnie.

Offers information as a guide for parents, nurses, therapists. Also available in various languages.

Available: United Cerebral Palsy Association

### **"LOS COMOS" DE VESTIR Y ALIMENTAR**

*"THE HOW TO'S" OF DRESSING AND  
FEEDING*

Handbook.

Discusses the handling in the home of the small child with cerebral palsy.

Available: United Cerebral Palsy Association

### **LO QUE TODOS DEBEN SABER SOBRE LA PARALISIS CEREBRAL**

*WHAT EVERYONE SHOULD KNOW  
ABOUT CEREBRAL PALSY*

Illustrates in cartoon form the cerebral palsy story, using simple terms.

Price: \$.15 each, / 1-99 copies; \$.12 each, / 100 + .

Available: United Cerebral Palsy Association

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## CHILD ABUSE

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### **SOBRE EL ALCOHOL, EL ABUSO DE LOS NIÑOS Y EL DESCUIDO DE LOS NIÑOS**

#### ***ALCOHOL, CHILD ABUSE & NEGLECT***

14001 - 480074 2343C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

### **LO QUE TODO EL MUNDO DEBE SABER SOBRE EL MALTRATO DE LOS NIÑOS**

#### ***CHILD ABUSE***

16451 - 16659 2409D.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

### **LA DISCIPLINA: UNA GUÍA PARA LOS PADRES**

#### ***CHILD DISCIPLINE: GUIDELINES FOR PARENTS***

Looks at discipline as a positive experience for children, and clarifies the differences among discipline, punishment, and abuse.

Publication Number ISBN 0-937906-23-9.

Quantity prices per each copy:

1 + \$2.50

6 + \$2.25

11 + \$1.75

26 + \$1.50

100 + \$1.00

Available: National Committee for Prevention  
of Child Abuse

### **LO QUE TODO EL MUNDO DEBE SABER SOBRE EL DESCUIDO DE LOS NIÑOS**

#### ***CHILD NEGLECT***

16774 - 19828 2781C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

### **LO QUE LOS NIÑOS DEBEN SABER SOBRE EL ABUSO SEXUAL**

#### ***CHILD/SEX ABUSE***

546217 - 58016.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

### **SOBRE EL INCESTO**

#### ***INCEST***

16865 - 13920 2861C.

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

### **NUEVO ENFOQUE SOBRE UN VIEJO PROBLEMA. 9**

#### ***PREGUNTAS Y RESPUESTAS SOBRE EL ABUSO Y DESCUIDO DE MENORES.***

*NEW INFORMATION ON AN OLD  
PROBLEM. NINE QUESTIONS AND  
ANSWERS ABOUT CHILD ABUSE*

Available: U. S. Dept. of Health & Human  
Services

### **NUEVO ENFOQUE SOBRE UN VIEJO PROBLEMA**

#### ***NEW LIGHT ON AN OLD PROBLEM***

Booklet.

Contains questions and answers about child  
abuse and neglect.

DHEW Pub. No. (OHD) 31120.

Available: U. S. Government Printing Office

### **LO QUE TODO EL MUNDO DEBE SABER SOBRE EL ULTRAJE SEXUAL DE LOS NIÑOS**

#### ***SEXUAL ABUSE OF CHILDREN***

16667 - 16832 2357C.

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

## **HABLEMOS ACERCA DEL ABUSO SEXUAL DE MENORES**

### ***TALKING ABOUT CHILD SEXUAL ABUSE***

Pamphlet.

Talking with children about child sexual abuse may help to prevent occurrences and contribute toward the recovery of the victim. Lists signs and behavior that may indicate abuse and outlines the approach parents can take in discussing abuse with the child. It provides instructions for screening babysitters and child care centers and for reporting suspected abuse to the proper authorities. The pamphlet also offers guidance to the adult who has been sexually abused as a child and has hesitated to discuss the abuse.

Stock No. IE-85-206.

Quantity prices per each copy:

- 1 + \$2.00
- 6 + \$1.75
- 11 + \$1.50
- 26 + \$1.25
- 100 + \$1.00

**Available: National Committee for Prevention of Child Abuse**

## **LO QUÉ DEBEN SABER TODOS LOS PADRES**

### ***WHAT EVERY PARENT SHOULD KNOW***

Provides practical suggestions on how to cope with children, and explains discipline concepts and techniques.

Publication Number ISBN 0-937906-21-2.

Quantity prices per each copy:

- 1 + \$2.50
- 6 + \$2.25
- 11 + \$1.75
- 26 + \$1.50
- 100 + \$1.00

**Available: National Committee for Prevention of Child Abuse**

## **¿QUÉ SABES ACERCA DE ABUSO DE MENORES?**

### ***THINK YOU KNOW SOMETHING ABOUT CHILD ABUSE?***

This brochure answers more than 20 basic and important questions that many people ask about child abuse.

Stock No. IE-78-200.

Quantity prices per each copy:

- 1 + \$.30
- 26 + \$.25
- 100 + \$.20

**Available: National Committee for Prevention of Child Abuse**

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## CHILD HEALTH

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### **HIPERACTIVIDAD INFANTIL**

#### ***CHILDHOOD HYPERACTIVITY***

Discusses the symptom, complexities, characteristics, behavior patterns, and ways to understand the problems of hyperactivity in children.

Available: National Institutes of Health

### **AMIGDALAS Y ADENOIDES**

#### ***TONSILS AND ADENOIDS***

9 minutes.

Informs parents about the anatomy and function of children's tonsils and adenoids, reasons for surgery, and telling children about surgery.

#3004

Price: \$295.00

Available: Professional Research, Inc.

### **AUDIOVISUAL AIDS**

### **CUIDADO DE SU NIÑO ENFERMO**

#### ***CARE OF THE SICK CHILD***

12 minutes.

Eases parents' fears about caring for the sick child by demonstrating correct methods for temperature taking and administering medicine.

#8015

Price: \$295.00

Available: Professional Research, Inc.

### **SELECCIONANDO CUIDADO INFANTIL**

#### ***CHILD CARE CHOICES***

14 minutes.

Shows parents how they can find the child care that is right for them. Discusses the child care options available today, and the factors which should be taken into consideration when choosing a child care facility.

#1160

Price: \$305.00

Available: Professional Research, Inc.

### **PROBLEMAS DEL SISTEMA DIGESTIVO**

#### ***TROUBLES IN THE DIGESTIVE TRACT***

10 minutes.

Covers the disturbances that may arise within the child's digestive tract and how they can be treated.

#8018

Price: \$295.00

Available: Professional Research, Inc.

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## CONSUMER INFORMATION

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### **LISTA DE PUBLICACIONES FEDERALES EN ESPAÑOL PARA EL CONSUMIDOR**

#### ***GOVERNMENT PUBLICATIONS IN SPANISH FOR THE CONSUMER***

Describes 90 Government publications that are written in Spanish, and tells how to get free copies directly from the agencies that publish them; publication titles and ordering instructions listed in both English and Spanish.

**Available: Consumer Information Center**

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## DENTAL HEALTH

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### **UNA SONRISA SANA PARA SU HIJO - DEBER DE USTED**

#### ***A HAPPY SMILE***

6th Grade Reading Level.

Emphasizes dental hygiene in children. Discusses oral hygiene in babies before teeth appear. Talks about importance of a clean baby bottle. Describes plague and advises reducing intake of sugar.

Available: Yadkin County Health Department

### **ARRESTE A GERMENES BACTERIALES PLACA**

#### ***ARREST BACTERIAL PLAQUE***

This is a follow-up instruction folder to be sent home after child has participated in a dental health program at school. Illustrations and directions tell how to brush and floss your teeth.

Available: Santa Clara County Health Department

### **PROMESA BRILLANTE PARA NIÑOS CON LABIOS Y PALADOR CON RAJADURAS**

#### ***BRIGHT PROMISE...FOR YOUR CHILD WITH CLEFT LIP AND CLEFT PALATE***

Pamphlet.

By Eugene T. McDonald, Ed. D., and Asa J. Berlin, Ph.D.

Answers common questions and gives reassurance that, with the quality of treatment now generally available, the outlook for children with clefts is bright.

Available: National Easter Seal Society

### **¡CEPILLE SUS DIENTES Y ENCIAS AL MENOS UNA VEZ POR DIA!**

#### ***BRUSH YOUR TEETH AND RINSE YOUR MOUTH ONCE A DAY***

Discusses the care of teeth and gums to prevent cavities.

Available: American Society for Dentistry for Children

### **COMO LIMPIAR SE LOS DIENTES Y LAS ENCIAS**

#### ***CLEANING YOUR TEETH AND GUMS***

Adult Reading Level.

This attractive booklet includes pictures and written directions on how to properly brush, floss and care for teeth and gums. Explains with illustrated photos why plaque is hazardous to teeth, how to use floss, and how to brush correctly. Answers questions about toothpastes, electric toothbrushes, mouthrinses, etc.

Publication Number W136.

Price: \$4.65/25 copies; \$17.65/100; \$83.50/500; \$157.75/1,000.

Available: American Dental Association

### **UNA BUENA DENTADURA PARA USTED Y SU BEBÉ**

#### ***DENTAL HEALTH FOR YOU AND YOUR BABY***

Addresses good oral hygiene and eating habits for pregnant women, and caring for baby's first teeth.

Available: National Institute of Dental Research

### **¿SABÍA USTED QUE? DID YOU KNOW?**

Describes oral cancer and offers suggestions for prevention.

Available: Departamento de Salud

### **¡HÁGALO! DO IT!**

This folder emphasizes the importance of proper brushing in order to maintain healthy teeth and gums. Emphasis is placed on how gum disease and dental care can affect general health.

Available: American Dental Association

**¿LE SANGRAN LAS ENCÍAS  
CUANDO SE CEPILLA LOS  
DIENTES?**

**DO YOUR GUMS BLEED WHEN YOU  
BRUSH YOUR TEETH?**

Adult Reading Level.

Illustrates and describes the causes of periodon-  
tal disease, how to recognize it, how to prevent  
it, and what to do if it is present.

Publication Number W197.

Price: \$4.00/25 copies; \$14.95/100; \$71.50/500;  
\$135.50/1,000.

Available: American Dental Association

**UNA BUENA DENTADURA PARA  
SU BEBÉ**

**GOOD TEETH FOR YOUR BABY**

Adult Reading Level

Emphasizes the importance of good dental care  
for a pregnant woman and for the child after  
birth. Discusses flouride, visits to the dentist,  
diet and oral hygiene.

Available: National Institute of Dental  
Research

**¿COMO PUEDE AFECTAR EL  
BIBERÓN LA SALUD DEL NIÑO?  
EL SÍNDROME DEL BIBERÓN  
HOW THE NURSING BOTTLE CAN  
AFFECT YOUR CHILD'S DENTAL  
HEALTH? THE NURSING BOTTLE  
SYNDROME**

Adult Reading Level.

Explains "baby bottle syndrome", its causes and  
how to prevent it. Discusses how to protect  
baby's teeth and advises how to prevent cavities.

Available: American Dental Association

**SE COMO CEPILLARME LOS  
DIENTES Y ¿TÚ?**

**I KNOW HOW TO BRUSH MY TEETH -  
DO YOU KNOW HOW TO BRUSH  
YOURS?**

Cartoon Sheets.

2nd Grade

For teachers, dentists, parents. English on one  
side - Spanish on the other.

Tooth caricature - *I know how to brush my teeth -  
Do you know how to brush yours?*

Bugs Bunny Says - *"Eat lots of vegetables so that  
you will have firm and healthy teeth and gums."*

*Instead of Candy - Eat nuts, fruits and vegetables  
between meals.*

Available: Texas Department of Health

**OYE FUMADOR...PREOCUPATE  
POR TU SALUD ORAL**

**LISTEN SMOKER - BE CONCERNED  
ABOUT YOUR ORAL HEALTH**

Available: Concilio de Salud Integral de Loiza,  
Inc.

**LAS AVENTURAS DEL CAPITAN  
COMBATECARIOS**

Elementary Reading Level.

Cartoons about dental health.

Available: Colgate Palmolive Company  
Distribution

**BOCA DE BIBERÓN**

**NURSING BOTTLE MOUTH**

Explains the hazards of frequent and prolonged  
exposure of a child's teeth to liquids containing  
sugars, and how to prevent the problem and  
protect the teeth.

Publication Number W167.

Price: \$4.35/25 copies; \$16.45/100; \$77.95/500;  
\$147.20/1,000.

Available: American Dental Association

**PINTANOS Y APRENDE**

**PAINT AND LEARN**

Available: Concilio de Salud Integral de Loiza,  
Inc.

**EL ELEFANTE PEEWEE**

**PEEWEE THE ELEPHANT**

Booklet.

Elementary School Reading Level.

Complete dental unit including story of PeeWee  
suggestions for presenting it; dental concepts to  
be taught (brushing, tooth decay, gum disease,  
visiting dentist) plus related classroom activities.  
A section is included in Spanish to be sent home  
with activity sheets.

Available: Colorado Department of Health,  
Migrant Health Program

**HIGIENE ORAL PERSONAL**  
**PERSONAL ORAL HYGIENE**

Tells how to use a stain pill to show you areas of bacteria on your teeth that need special cleaning. It then tells how to brush, floss, rinse, reinspect and massage gums. Very thorough descriptions.

Available: Spillan's, Inc.

**LIBRO DE DIENTES DE COLOREAR**  
**TAMMY AND TONI TEETH**  
**COLORING BOOK**

Grade School Reading Level.

This coloring book illustrates the importance of brushing teeth, eating a balanced diet and healthful snacks.

Price: Free: 1-500 copies; Each additional copy 3 cents.

Available: General Mills, Inc.

**AVISO A LOS PADRES**  
**WARNING TO PARENTS**

Warns parents of the ill effects on teeth caused by children nursing too long on milk, juices, or other liquids containing sugar.

Available: American Society for Dentistry for Children

**HECHOS QUE USTED QUIZAS NO**  
**CONOCIA**

**WAYS YOU DID NOT KNOW**

This booklet offers young adults a complete guide to dental health care. Use of dental floss, proper brushing techniques and rinsing are described.

Available: American Dental Association

**QUE HACER DESPUES DE UNA**  
**EXTRACCIÓN DENTAL**  
**WHAT TO DO AFTER EXTRACTION**  
**OF A TOOTH**

Adult Reading Level.

Presents post-extraction care to reduce anxiety, and provides easy-to-follow directions regarding bleeding, the blood clot, swelling, pain, medication, diet, and oral hygiene.

Publication Number W196.

Price: \$6.50/100 copies; \$30.70/500;  
\$58.00/1,000; \$545.60/10,000.

Available: American Dental Association

**¡TU PUEDES CONSERVAR TUS**  
**DIENTES Y LUCIR MUY BIEN!**  
**YOU CAN PROTECT YOUR TEETH**

Available: Concilio de Salud Integral de Loiza, Inc.

**UD. PUEDE EVITAR CRIES**  
**DENTAL**

**YOU CAN PREVENT TOOTH DECAY**

Illustrates the decay process, and offers advice on brushing, flossing, diet, check-ups, and fluorides.

Publication Number W217.

Price: \$5.65/25 copies; \$21.55/500; \$102.05/500;  
\$192.70/1,000.

Available: American Dental Association

**LOS DIENTES DE SU NIÑO**  
**YOUR CHILD'S TEETH**

6th Grade Reading Level.

Tells about plaque, caries, periodontal disease, proper brushing and flossing, diet, fluoride, dental development, and other important dental information, with color photos. Provides a table showing when and in what order children get their teeth.

Publication Number W198

Price: \$8.15/25 copies; \$31.00/100; \$146.85/500;  
\$277.45/1,000.

Available: American Dental Association

**LA PRIMERA VISITA DE SU NIÑO**  
**AL DENTISTA**

**YOUR CHILD'S FIRST VISIT TO THE**  
**DENTIST**

Describes why, when, and how often to take children to the dentist, what to tell them about the visit, what the dentist will do, and offers helpful pointers to parents.

Publication Number W213.

Price: \$2.50/25 copies; \$6.20/100; \$29.25/500;  
\$55.25/1,000.

Available: American Dental Association



## **AUDIOVISUAL AIDS**

### **CUIDADO DE LOS DIENTES DE LOS NIÑOS**

#### ***CARE OF CHILDREN'S TEETH***

16mm, Super 8mm, sound, color, 8 minutes.

Stresses parental supervision in the proper care of children's teeth by showing correct brushing and flossing techniques. Answers questions commonly asked by parents. Emphasizes early and regular visits to the dentist.

Available: American Dental Association

### **DENTADURAS POSTIZAS COMPLETAS**

#### ***COMPLETE DENTURES***

16mm, Super 8mm, video tape, sound, color, 7 minutes.

Explains what a complete denture is and its purpose. Includes the anatomy of the teeth and gums, design and materials used in making dentures, adjustment period, cleaning, etc.

Available: American Dental Association

### **RAÍZ DE LOS DIENTES**

#### ***ENDODONTICS***

16mm, Super 8mm, video tape, sound, color, 9 1/2 minutes.

Explains root-canal therapy, why it is necessary and how it is done. Gives reasons for saving a tooth.

Available: American Dental Association

### **REPARACIÓN PARCIAL EN LA DENTADURA**

#### ***FIXED PARTIAL DENTURES***

16mm, Super 8mm, video tape, sound, color, 10 1/2 minutes.

Explains the necessity of a fixed partial denture to replace diseased or missing teeth and how applied. Has sequences on teeth and gum anatomy, study casts, radiographs, design, materials, occlusion, food impaction, adjustment period, home care, repairs, appearance, do's and don'ts, and professional treatment.

Available: American Dental Association

### **CEPILLANDOSE Y USANDO HILO DENTAL**

#### ***FLOSSING AND BRUSHING***

16mm, Super 8mm, sound, color, 8 1/2 min.

Illustrates proper technique for using dental floss and the kind of tooth brush advocated by Dr. C. C. Bass, Dean Emeritus, Tulane University.

Available: American Dental Association

### **USANDO EL CEPILLO Y LA SEDA DENTAL**

#### ***FLOSSING AND BRUSHING***

6 minutes.

Outlines the simplest and least costly method of combatting bacteria, plaque, and dental diseases - brushing combined with flossing.

#1612

Price: \$175.00

Available: Professional Research, Inc.

### **HIGIENE ORAL PARA PACIENTE CON FRENILLOS**

#### ***ORAL HYGIENE FOR THE ORTHODONTIC PATIENT***

16mm, Super 8mm, sound, color, 9 minutes.

Stresses personal care of teeth while wearing braces; demonstrates methods of cleaning teeth properly using the toothbrush, pick, dental floss, water irrigator and disclosing wafers.

Available: American Dental Association

### **ENFERMEDAD PERIODONTAL PERIODONTAL DISEASE**

16mm, super 8mm, sound, color, 8 minutes.

Discusses what periodontal disease is, its cause and progression, the relationship of bacteria to periodontal disease, and the importance of removal of the bacteria for prevention and control.

Available: American Dental Association

### **ENFERMEDAD PERIODONTAL PERIODONTAL DISEASE**

7 minutes.

Illustrates the nature of the disease and treatments available to control its spread.

#1610

Price: \$175.00

Available: Professional Research, Inc.

**PEDRO AND DENTAL CARE: A  
SERIES**

Two 35mm filmstrips in color with record or cassette tape.

Designed to encourage young children to learn good dental health habits such as proper brushing, good nutrition, and early, regular visits to the dentist.

Available: National Audio Visual Center

**USO DE IRRIGADORES DE AGUA  
USE OF WARM WATER IRRIGATORS**

7 1/2 minutes .

Illustrates the proper use of the water irrigating device, and emphasizes that irrigation is only an additional aid to proper oral hygiene.

#1613

Price: \$175.00

Available: Professional Research, Inc.

**PREVENCIÓN DE PLACA  
PLAQUE AND PREVENTION**

16mm, Super 8mm, video tape, sound, color, 8 minutes.

Teaches an up-to-date program of preventing plaque through oral hygiene, including flossing, brushing, disclosing tablets and water-irrigating devices. Relates oral hygiene to prevention of tooth decay and periodontal disease.

Available: American Dental Association

**DENTADURAS PARCIALES  
MOVEDISAS**

**REMOVABLE PARTIAL DENTURES**

16mm, Super 8mm, video tape, sound, color, 11 minutes.

Explains the application of a removable partial denture for replacing missing or diseased teeth. Covers teeth and gum anatomy, study casts, radiographs, design, materials, types, occlusion, food impaction, period of adjustment, home care, repairs, appearance, do's and don'ts, and professional treatment.

Available: American Dental Association

**SONRISAS  
SMILES**

16mm, sound, color, 5 min.

Available: American Dental Association

**SPLURGE ... GET A NEW ONE**

35mm, color filmstrip, sound.

Available: American Dental Association

**LOS DIENTES SON PARA  
CONSERVARIOS  
TEETH ARE TO KEEP**

16mm, sound, color, 11 minutes.

Animated film stresses the four essentials of good dental health.

Available: National Film Board of Canada

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## DIABETES

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### **DIETA SIN AZÚCAR Y BAJA EN GRASA SATURADA**

#### ***A SUGARLESS, LOW SATURATED-FAT DIET***

The diet is based on three dietetic principles: (1) keeping sugar consumption as low as possible, (2) replacing refined sugar with starch, and (3) substituting nonsaturated fat for saturated fat. It lists what foods can and cannot be eaten, a sample daily menu, and suggestions for lowering cholesterol levels.

Available: American Diabetes Association

### **SOBRE LA DIABETES ABOUT DIABETES**

11361 - 37127 - 2578D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **ACERCA DE SU GLUCAGON ABOUT YOUR GLUCAGON**

Brochure defines glucagon and the proper uses of the medicine. Symptoms of hypoglycemia are explained, along with precautions for glucagon use. 1982.

Price: Free to physicians.

Available: U. S. Pharmacopeial Convention, Inc.

### **ACERA DE SU INSULINA ABOUT YOUR INSULIN**

Insulin is defined, and commonly used brand names and generic names are listed. Precautions and proper use of insulin are explained, and symptoms of hypoglycemia and travel tips are listed. 1982.

Price: Free to physicians.

Available: U. S. Pharmacopeial Convention, Inc.

### **MEJOR COMIDA PARA USTED BETTER MEALS FOR YOU**

This illustrated booklet is designed to help persons with diabetes plan their meals. It contains exchange lists for the six basic food groups and is intended for use in conjunction with a diet prescribed by a physician.

Price: \$1.00

Available: Diabetes Association of Greater Cleveland

### **COMENTARIOS SOBRE LAS MEDICINAS ORALES HIPOGLICEMICAS PARA EL DIABETICO**

#### ***CURRENT COMMENTS ON ORAL HYPOGLYCEMIC DRUGS FOR THE DIABETIC***

This brochure discusses some of the issues surrounding the use of oral hypoglycemic drugs. The brochure also reviews the pathophysiology of oral agents and discusses some of the contraindications for their use. Some known medications that interfere with the effectiveness of oral drugs are described. 1981.

Price: \$0.15 ea./1-999 plus postage and handling

Available: American Diabetes Association

### **LAS REGLAS QUE EL DIABETICO DEBE SEGUIR PARA OBTENER EL BALANCE NECESARIO EN SU COMIDA**

#### ***DAILY GUIDELINES TO FOLLOW FOR BALANCED DIABETIC MEAL PLANNING***

This brochure provides daily guidelines for balanced meal planning. It explains the exchange list system, gives examples of foods from each food group, and emphasizes the importance of keeping good records of eating habits. 1981.

Price: \$0.15 each for 1-999 plus postage and handling.

Available: American Diabetes Association

### **EL PACIENTE DIABETICO Y SU CUIDADO DENTAL**

#### ***DENTAL CARE AND THE DIABETIC PATIENT***

This brochure discusses the special dental needs of patients with diabetes. 1981.

Price: Free/1-2; \$0.15 ea/3-999 plus postage and handling

Available: American Diabetes Association

## **DIETA DIABETICA Y LISTAS DE INTERCAMBIOS**

### ***DIABETIC DIET AND EXCHANGE LISTS***

A diet form with blanks for allowances from the appropriate exchange groups is accompanied by lists of equivalent food items in each group.

Available: Visiting Nurse Association of Metropolitan Detroit

## **DIABETES**

### ***DIABETES MELLITUS***

Flipchart.

A guide for teaching patients self management skills..

Available: Sunrise Community Health Center

## **DIABETES**

### ***DIABETES***

Facts about diabetes mellitus are provided. Emphasis is on early treatment through recognition of signs that may indicate diabetes.

Available: Programa Estatal de Diabetes or Texas Department of Health

## **DIABETES ¿QUE ES Y QUE HACER?**

### ***DIABETES - WHAT TO DO***

Available: Concilio de Salud Integral de Loiza

## **LA BUENA HIGIENE**

### ***DIABETES: GOOD HYGIENE***

This illustrated Spanish/English brochure outlines the health care precautions people with diabetes should practice. Tells the importance of good hygiene in the care of your feet.

Available: Texas Department of Health

## **DIETA PARA EL DIABETICO: USANDO LAS LISTAS DE INTERCAMBIOS**

### ***DIABETIC DIET: USING THE EXCHANGE LISTS***

Dietary guidelines are offered to facilitate diabetes control or weight reduction. A sample menu planning form is included, along with exchange lists for milk, vegetables, fruits, breads, starchy vegetables, commercially prepared foods, meats, and fats.

Available: Nutrition Program, County of Los Angeles

## **INTERCAMBIOS DIABETICOS**

### ***DIABETIC EXCHANGES***

General instructions, a meal plan form, and sample recipes for common Mexican style dishes accompany lists of exchanges for the six basic food groups. 1981.

Available: Texas Department of Health

## **LISTA DE CALORIAS EN DIETA DIABETICA**

### ***DIABETIC DIET CALORIE SHEETS***

General diet rules are provided on one side of 11 x 15-inch sheets. The diet rules briefly review food measurement, preparation, and selection; foods to be avoided; and the use of exchange lists. The food charts list foods in each of the six exchange groups as well as the nutrient content and amount of calories in specified portion sizes. 1981.

Available: Public Relations Department

## **LA DIABETES Y EL CUIDADO DE LOS PIES**

### ***DIABETIC FOOT CARE***

Several do's and don'ts of good foot care are discussed, and the need for daily inspection is emphasized. 1981.

Price: Free/1-2; \$0.15 each/3-999 plus postage and handling

Available: American Diabetes Association

## **LA DIABETES Y EL DEPORTE**

### ***DIABETES AND SPORTS***

A four-part analysis of the prospective athlete with diabetes focuses on the individual's control of the disease, interest in athletics, athletic ability, and knowledge of the risks. A warning about hypoglycemia is included.

Available: American Diabetes Association

## **IDENTIFICACIÓN DEL DIABETICO DIABETIC I.D.**

A vinyl-jacket holder contains an identification card with space for pertinent information. The card lists symptoms and recommended treatment of hyperglycemia and hypoglycemia. A

cardboard insert provides space for pills or sugar packets. I.D.

Price: Wallet: \$0.50; English/Spanish I.D.: \$1.39 plus \$0.50 postage;

Available: Crown Products

### **NO TEMA A LA DIABETES: MANUAL PARA DIABETICOS**

#### ***DON'T BE AFRAID OF DIABETES: A HANDBOOK FOR DIABETICS***

Measures to control diabetes are emphasized in this booklet. Diet, medication, exercise, foot care, and general health practices are discussed. Warning signs and appropriate treatment of hypoglycemia and hyperglycemia are discussed, and instructions for home tests of urine sugar and ketones are given.

Available: E. R. Squibb & Sons, Inc.

### **EXTRACCION E INYECCIÓN DE LA INSULINA**

#### ***DRAWING AND INJECTING INSULIN***

Insulin injection techniques are illustrated with color photographs with Spanish captions.

Depicted are use of sterile procedures, correct filling of the syringes, and checking of the injection site for blood.

Available: Becton-Dickinson Consumer Products

### **COMER BIEN PARA VIVIR MEJOR EAT WELL TO LIVE BETTER**

This packet of materials is designed to assist the overweight patient with noninsulin-dependent diabetes mellitus to manage diabetes through weight loss and exercise. The packet includes menus and food exchange lists that are based on the traditional Mexican diet and reflect a calorie-controlled, high-fiber, low fat diet. Exercises are illustrated. Included in the packet is a guide for health care professionals.

Price: 1-10 copies are available free of charge. The producers encourage the reproduction of materials if more copies are needed.

Available: Diabetes Control Program

### **HOJA DE INFORMACIÓN FACT SHEET**

The two-page fact sheet includes information on the prevalence of diabetes in the United States, a definition of the disease, information on its fundamental pathological mechanism, and brief notes on possible complications. Lists of

diabetes risk factors and common symptoms are also provided.

Available: American Diabetes Association

### **ALIMENTACIÓN Y DIABETES FOOD AND DIABETES**

This booklet briefly explains the difference between normal and diabetic glucose metabolism. Food groups are described and examples of each are illustrated. 1980.

Price: \$0.50

Available: American Diabetes Association

### **LOS ALIMENTOS DEL DIABETICO FOODS FOR THE PERSON WITH DIABETES**

Exchange lists are provided for the six basic food groups with emphasis on foods commonly used in Puerto Rico. Foods that may be eaten freely and others that are to be avoided are listed. A list of meats and seafoods is also included. 1980.

Available: Programa Estatal de Diabetes

### **COMIDAS PERMITIDAS EN LA DIETA DEL DIABETICO FOODS PERMITTED IN THE DIABETIC DIET**

This table presents general information concerning the types of foods allowed in the diabetic diet. By food type (i.e., meat, fruits, vegetables), it lists what the person with diabetes can and cannot eat.

Available: American Diabetes Association

### **CUIDADO DE LOS PIES PARA EL DIABETICO**

#### ***FOOT CARE FOR THE DIABETIC***

This fact sheet presents details on the various aspects of foot care for persons with diabetes. Topics include foot hygiene, "don'ts" for foot care, care of toenails, and the management of corns and calluses. Advice is also given about the selection and wearing of shoes and socks.

Available: American Diabetes Association

## **EL CUIDADO DE LOS PIES**

### **FOOT CARE**

Routines to follow to avoid problems with the feet are discussed. The need for prompt medical attention (*if needed*) are good control of diabetes is emphasized.

Available: Programa Estatal de Diabetes

## **COMENTARIO PARA LOS PIES: MEJOR CUIDADO PARA DIABETICOS**

### **FOOT NOTES FOR BETTER DIABETES CARE**

Foot hygiene rules for people with diabetes are listed in a large-print, illustrated text. Consideration is given to shoes, skin dryness and cracking, bathing, and nail trimming. Sources of information about diabetes are listed.

Available: Becton-Dickinson Consumer Products

## **COMO EMPEZAR EN CASA GETTING STARTED . . . AT HOME**

The brochure focuses on treatment (i.e., diet therapy, exercise, insulin injections), urine testing, complications, and special precautions for foot and skin care, smoking, and drinking. The appendix contains food exchange lists.

Available: Becton-Dickinson Consumer Products

## **¿QUE ES GLUCOGENO Y CUAL ES SU IMPORTANCIA?**

### **GLUCAGON--WHAT IT IS AND WHY IT'S IMPORTANT**

This brochure explains the pathophysiology of the hormone glucagon, how it is normally produced in the body, and its role in maintaining normal blood glucose levels in the person without diabetes. Guidelines are given for the use and administration of glucagon prescribed by a physician for the emergency treatment of severe insulin reactions. 1981.

Price: \$0.15 ea./1-999 plus postage and handling

Available: American Diabetes Association

## **GUIAS DE LOS MENUS DIARIOS GUIDES TO DAILY MENU PLANNING**

This series of daily four-meal diabetic diet plans includes an accompanying exchange table for each plan which gives the approximate fat, carbohydrate, protein, and calorie content of food

services arranged under exchange groups.

Separate plans are available for 1,000 calories, 1200 calories, 1500 calories, 1800 calories, 2000 calories, and 2500 calories. 1980.

Available: Public Relations Department

## **CUIDADO DE LOS PIES EN CASA PARA DIABETICOS**

### **HOME FOOT CARE FOR DIABETICS**

Leaflet.

Teaches Proper foot care at home for the diabetic.

Available: California College of Podiatric Medicine

## **COMO TRATAR LAS REACCIONES DE NIVELES ALTOS Y BAJOS DE AZÚCAR EN LA SANGRE**

### **HOW TO DEAL WITH LOW AND HIGH BLOOD SUGAR REACTIONS**

Pamphlet.

Provides basic information about the management of high and low blood glucose. The author reviews the causes and dangers of hypoglycemia and stresses the importance of preventing this condition by balancing diet, exercise, and medications. 1981.

Price: \$0.15 each/1-999 plus postage and handling.

Available: American Diabetes Association

## **COMO PONER UNA INYECCIÓN DE INSULINA**

### **HOW TO TAKE INSULIN**

This illustrated brochure outlines steps for the administration of insulin. Instructions for administering single and mixed-dose insulin are explained.

Available: Monoject, Div. of Sherwood Medical

## **COMO VIVIR CON DIABETES HOW TO LIVE WITH DIABETES**

Pamphlet.

Discussions cover causes, symptoms, and treatment of diabetes, including diet, exercise, oral hypoglycemic medications, and insulin. Complications such as diabetic coma, insulin reactions, problems with infections, and foot care are identified.

Available: Texas Department of Health

**NOTAS IMPORTANTES PARA  
MEJOR CUIDADO DE LOS PIES**  
*IMPORTANT FACTS FOR BETTER  
CARE OF THE FEET*

Pamphlet

The guidelines cover daily examination and washing of one's feet, careful inspection and selections of shoes, warnings against use of corn and callous removers, and instructions for proper trimming of toenails. The pamphlet also recommends regular foot examinations by the patient's physician or podiatrist. 1982.

Available: American Diabetes Association

**EL DIABETICO  
INSULINO-DEPENDIENTE:  
INFORMACIONES E  
INSTRUCCIONES**

*INSULIN-DEPENDENT DIABETES:  
INFORMATION AND  
RECOMMENDATIONS*

Insulin-dependent diabetes is explained in comparison to normal digestion and glucose metabolism. Sections about diabetes control explain types and actions of insulin and how control can be affected by many variables, including exercise, illness, and the timing and sugar content of meals. 1982.

Price: Contact directly for details.

Available: Nordick-USA

**INSULINA: INYECCIÓN**  
*INSULIN: INJECTION*

This patient information sheet has space for the patient's name, prescription number and name, and injection times. The sheet explains what insulin is, precautions the patient should be aware of before injection insulin, and proper uses of the medicine. Warning signs of hypoglycemia are listed.

Available: U. S. Pharmacopeial Convention, Inc.

**¡TODO DEPENDE DE USTED!**  
*IT'S ALL UP TO YOU!*

Designed to accompany patient education lessons at the Woodland Hospital, this booklet emphasizes patient control of diabetes. Topics include urine testing, insulin, hyperglycemia, and hypoglycemia. Illustrations in color complement the text.

Available: Woodland Memorial Hospital

**VIVIR CON LA DIABETES**  
*LIVING WITH DIABETES*

11866 - 50211 - 2609D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**CONTROLANDO SU DIABETES**  
*MANAGING YOUR DIABETES*

This illustrated booklet explains the main principles and techniques of diabetes management. A step-by-step guide to drawing and injecting insulin is included. Other topics covered are diet; exercise; urine testing; blood glucose monitoring; skin, foot, and dental care; travel; and illness. The signs, symptoms, and treatment of diabetic emergencies are also discussed. 1982.

Available: Public Relations Department

**INSULINA INSUFICIENTE . . .  
DEMASIADO ALIMENTO**  
*NOT ENOUGH INSULIN . . . TOO  
MUCH FOOD*

The causes, symptoms, and treatment of diabetic coma and insulin shock are outlined.

Available: American Diabetes Association

**CONSEJOS PRACTICOS PARA EL  
DIABETICO**  
*PRACTICAL ADVICE FOR THE  
DIABETIC*

Available: Concilio de Salud Integral de Loiza

**PARRANDA NAVIDEÑA PARA TI  
DIABETICO**

Available: Concilio de Salud Integral de Loiza

**EL EMBARAZO Y LA DIABETES**  
*PREGNANCY AND DIABETES*

This pamphlet addresses the importance of good control and rigorous medical care when a woman with diabetes becomes pregnant.

Available: American Diabetes Association

**SELECCIÓN DEL PUNTO Y  
ROTACIÓN**  
*SELECTION AND ROTATION OF  
INSULIN INJECTION SITES*

Insulin injection site rotation is shown on a "body map" that can be used to record injections. A site selector guage, designed to help



patients learn correct spacing of sites, is included.

Available: Becton-Dickinson Consumer Products

### **DIETA SIMPLE PARA EL DIABETICO**

#### ***SIMPLE DIABETIC DIET***

This dietary guide lists basic food groups and daily meal patterns for people with diabetes. Special precautions are noted for persons on fat-restricted or sodium-restricted diets.

Available: Nutrition Program, County of Los Angeles

### **REGLAS PARA EL DÍA DE ENFERMEDAD DEL DIABETICO**

#### ***SICK DAY RULES FOR THE DIABETIC***

Recommendations are given for adjusting diet and insulin during sick days. The author stresses the necessity of consulting a physician before adjustments are made.

Available: American Diabetes Association

### **EL VIAJAR Y LA DIABETIS**

#### ***TRAVELING WITH DIABETES***

This brochure gives tips for staying healthy when on vacation and/or when traveling.

Recommendations cover eating on the plane and ordering in restaurants; adjusting regimens for increased physical activity; and coping with illness and finding a physician. Travelers also are advised to bring extra syringes, insulin, and other medication needs when traveling.

Available: American Diabetes Association

### **¿QUE ES LA DIABETES?**

#### ***WHAT IS DIABETES?***

This brochure explains diabetes and its symptoms, discusses its world-wide occurrence, and suggests methods of diagnosis.

Available: American Diabetes Association

### **LO QUE USTED NECESITA SABER SOBRE LA DIABETES: UNA INTRODUCCIÓN**

#### ***WHAT YOU NEED TO KNOW ABOUT DIABETES: AN INTRODUCTION***

An explanation of diabetes is followed by definitions of insulin-dependent, noninsulin-depend-

ent, gestational, and secondary diabetes. The warning signs of diabetes and possible causes for its development are presented. 1984.

Price: \$0.50

Available: American Diabetes Association

### **SU PLAN DE COMIDA**

#### ***YOUR FOOD PLAN***

Foods within each exchange group are illustrated in color and labeled in Spanish and English. A space is provided to list the number of portions for each food group at each meal.

Quantity prices per each copy:

1 + \$.25

100 + \$.20

500 + \$.15

Available: Paramount Press

### **SUS RESPUESTAS A ESTAS PREGUNTAS PUEDEN SALVARLE LA VIDA**

#### ***YOUR ANSWERS TO THESE QUESTIONS MAY SAVE YOUR LIFE***

Fourteen questions that may help in identifying possible signs of diabetes are listed. The importance of diagnosis is discussed, and a visit to a physician or detection center is recommended if symptoms occur.

Price: \$.10 each

Available: New York Diabetes Association, Inc.

### **USTED Y LA DIABETES**

#### ***YOU AND DIABETES***

The illustrated booklet describes the common symptoms of diabetes and methods of controlling it through appropriate diet, insulin or oral medication (as prescribed), urine testing, exercise, and good hygiene. An identification card and daily urine test record are provided.

Available: Upjohn Company

### **USTED LA DIABETES Y DIABETA**

#### ***YOU AND DIABETES AND DIABETA***

The nature and effects of diabetes are outlined for patients taking the oral hypoglycemic Diabeta. Tips for self-care and proper use of medication are presented. 1984.

Available: Hoechst-Roussel Pharmaceuticals, Inc.



## **AUDIOVISUAL AIDS**

### **DIABETES EN EL ADULTO, PARTES I Y II (PELICULA) DIABETES IN THE ADULT, PARTS I AND II**

Motion Picture.

2 reels; 21 minutes; Sound; color; 16 mm. Also available in 1/2 in or 3/4 in videocassette and Super 8 mm cartridge. Instructor's guide available.

Part one of this film introduces the newly diagnosed adult with diabetes to the disease process and the resulting symptoms. Self-management through diet, exercise, and home urine testing is reviewed. Part two explains the principles of weight loss and regular exercise.

Price: Contact directly for details

Available: Milner-Fenwick, Inc.

### **DIABETES EN ADULTOS**

#### **DIABETES IN ADULTS**

Videorecording - 1 cassette; 18 minutes; sound; color; 3/4 in.

Controlling diabetes through appropriate self-care is emphasized. Explanations include the effect of diabetes on metabolic processes, the importance of diet, the technique of insulin injection, effects of oral drugs, the importance of exercise, low blood sugar reaction, testing urine for sugar and ketones, and skin and foot care.

Price: Loan: \$15.00/month; Sale: \$275.00.

Available: Professional Research, Inc.

### **DIABETES EN ADULTOS**

#### **DIABETES IN ADULTS**

15 minutes.

Demonstrates that adults can control their diabetes and still lead normal lives by practicing the 5 elements of good control; proper diet, exercise, use of medication or insulin, glucose monitoring, and daily skin and foot care.

#2750

Price: \$275.00

Available: Professional Research, Inc.

### **DIETA DE INTERCAMBIOS PARA DIABETICOS**

#### **DIABETIC EXCHANGE DIET**

11 minutes.

Presents the goals of the diabetic's exchange

diet and provides sample menus.

#2706

Price: \$295.00

Available: Professional Research, Inc.

### **DIABETES EN ADULTOS**

#### **DIABETES IN ADULTS**

16mm, super 8mm, video cassette, sound, color, 18 minutes.

Explains the disease; patient's role in diet, rugs, exercise, urine testing, skin and foot care.

Available: Professional Research, Inc.

### **INTRODUCCIÓN AL DIABETES**

#### **DIABETES MELLITUS I - AN INTRODUCTION**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Defines terms, history, basic signs and symptoms. The goal is to make the patient want to learn more about his disease.

Available: Medfact, Inc.

### **DIETA BALANCEADA EN NO DEPENDIENTES DE INSULINA DIET AND MANAGEMENT OF NON-INSULIN DEPENDENT DIABETES**

Slide-tape - 78 slides - color.

Accompanied by: 1 cassette; 16 minutes.

The importance of diet in noninsulin-dependent diabetes is emphasized. The program explains the exchange lists for the six basic food groups and presents examples of how they may be used in planning a balanced yet varied and interesting diet. Guidelines for eating out and important precautions concerning alcohol are included.

Price: Loan: write for complete information.

Available: Medcom/Trainex, Inc.

### **BALANCE EN SU DIETA COMO DEPENDIENTE DE INSULINA DIET AND THE MANAGEMENT OF INSULIN DEPENDENT DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Emphasizes that, while important to everyone's health, a good, well-balanced diet is especially important for persons with diabetes.

Available: Medcom/Trainex Inc.

**BALANCE EN SU DIETA COMO NO  
DEPENDIENTE DE INSULINA**  
*DIET AND THE MANAGEMENT OF  
NON-INSULIN DEPENDENT  
DIABETES*

Sound, color. Available in 35 mm filmstrip, slides, video tape, and other formats. Emphasizes the importance of diet and reinforces this emphasis with an explanation of the relationship of non-insulin dependent diabetes to diet.

Available: Medcom/Trainex Inc.

**COMO AYUDAR A ALGUIEN QUE  
TIENE DIABETES**  
*HOW TO HELP SOMEONE WHO HAS  
DIABETES*

Slide-tape. - 72 slides; color. Accompanied by 1 cassette -15 minutes.

This program was designed for a relative or close friend of a person with diabetes. After a description of the early stages of adjustment and discussion of the possible reactions of resentment and guilt, the program continues with concrete and realistic suggestions for ways to help. Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

**COMO AYUDAR A ALGUIEN QUE  
TIENE DIABETES**  
*HOW TO HELP SOMEONE WHO HAS  
DIABETES*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Help is the key word in this program developed for the relative or close friend of a person with diabetes. Opens with the all important concept of adjustment and emphasizes that adjustment may be as difficult for the relative or friend as for the patient.

Available: Medcom/Trainex Inc.

**COMO PREVENIR PROBLEMAS  
EN DIABETICOS DEPENDIENTES  
DE INSULINA**  
*HOW TO PREVENT THE PROBLEMS  
OF INSULIN DEPENDENT DIABETES*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Emphasizes that staying in control is the basis

for preventing the problems of insulin dependent diabetes; however, even when the control plan is followed, some problems may still occur. Available: Medcom/Trainex Inc.

**TERAPIA DE INSULINA**  
*INSULIN THERAPY*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Discusses in detail all aspects of the use of insulin, including the technique of injection, measurement of units, and the management of hypoglycemia.

Available: Medfact, Inc.

**ONE ON ONE: FOLLOW ALONG  
LEARNING SYSTEM**

Four books; four audiotape modules; patient literature.

This comprehensive learning system is designed to aid physicians and nurses in instructing newly diagnosed patients about self management. Each audiovisual module focuses on one step in the learning process; understanding diabetes, drawing and injecting insulin, site selection and rotation, and mixing insulins.

Order number: 9030 GS 61 with tape player; 9030 GS 62 without tape player.

Price: \$55.00 basic package; \$75.00 deluxe package with tape player.

Available: Becton-Dickinson Consumer Products

**CUIDADO PARA LA PIEL Y EL PIE  
PARA EL DIABETICO (PELICULA)**  
*SKIN AND FOOT CARE FOR THE  
DIABETIC*

1 reel; 15 min; sound; color; 16mm.

Also available in 1/2 in or 3/4 in videocassette and Super 8mm cartridge.

Instructor's guide available.

This film describes the need for proper skin and foot care by the person with diabetes. A discussion of vaginal and bladder infections in women concludes the film.

Price: \$250 for video cassette, \$295 for motion picture.

Available: Milner-Fenwick, Inc.

# **ANALIZANDO AZÚCAR Y ACETONAS EN SU ORINA TESTING YOUR URINE FOR SUGAR AND KETONES**

Slide - tape - 87 slides - color. Accompanied by 1 cassette - 17 minutes.

Urine testing procedures are demonstrated using Ketodiasitix, Clinitest tablets, Acetest tablets, and Testape. Proper storage of test materials, timing, and record keeping are also discussed.

Price: Loan: write for complete information..

Available: Medcom/Trainex Inc.

# **LA DIETA EN DIABETES THE DIET IN DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

This is a general discussion of the new ADA exchange lists, calories, and all aspects of nutrition as it pertains to the diabetic followed by several examples of the use of exchange lists.

Available: Medfact, Inc.

# **ESTO ES DIABETES THIS IS DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Clears up misconceptions and presents facts and theories related to questions on this disease.

Available: Medcom/Trainex Inc.

# **ESTO ES DIABETES THIS IS DIABETES**

Slide-tape - 70 slides - color. Accompanied by 1 cassette - 13 minutes.

Designed for use in patient or public education, the program provides a basic introduction to diabetes. It illustrates the physiology of the pancreas, especially insulin production and its function in both normal and diabetic states.

Hereditary aspects are explained, and age, sex, and obesity factors are briefly discussed for persons with insulin-dependent and non-insulin dependent diabetes.

Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

# **TRATAMIENTO DE DIABETES TREATMENT OF DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents a detailed discussion of the principles

of treatment of the diabetic, including control of blood sugar, weight control, treatment of complications and the use of drugs.

Available: Medfact, Inc.

# **¿QUÉ ES DIABETES DEPENDIENTE DE INSULINA? WHAT IS INSULIN DEPENDENT DIABETES?**

Color, sound. Available in 35mm filmstrip, slides, video tape, and other formats.

Defines insulin dependent diabetes and explains what happens when a person has diabetes, the course it takes, what can be expected in the future, and how diabetes can be controlled.

Available: Medcom/Trainex Inc.

# **¿QUÉ ES DIABETES NO DEPENDIENTE DE INSULINA? WHAT IS NON-INSULIN DEPENDENT DIABETES?**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats..

Answers questions: what is non-insulin dependent diabetes? How is it different from insulin dependent diabetes? And how is it similar? What is insulin? How does it function in the body? And what happens when the function is impaired?

Available: Medcom/Trainex Inc.

# **¿QUÉ ES LA DIABETES DEPENDIENTE DE INSULINA? WHAT IS INSULIN DEPENDENT DIABETES?**

Slide-tape - 79 slides - color. Accompanied by 1 cassette - 14 minutes.

This program portrays a teen-age boy discussing the role of insulin in controlling diabetes from a patient's point of view. Basic mechanisms of metabolism and of insulin production are discussed.

Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

**¿QUÉ ES DIABETES NO  
DEPENDIENTE DE INSULINA?  
WHAT IS NON-INSULIN DEPENDENT  
DIABETES?**

Slide-tape - 73 slides - color. Accompanied by 1  
cassette - 12 minutes.

Insulin production is briefly summarized, and  
the role of insulin in glucose metabolism in the  
person with noninsulin-dependent diabetes is  
described. The effects of obesity in general and  
the role it may play in the development of nonin-  
sulin-dependent diabetes are explained. Com-  
plications such as poor vision, gout, and  
hypertension are discussed.

Price: Loan: write for complete information.

Available: **Medcom/Trainex Inc.**

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## DIAGNOSTIC TESTS

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**LO QUE TODO EL MUNDO DEBE  
SABER SOBRE EL DIAGNOSTICO  
POR RAYOS X**

*DIAGNOSTIC X-RAY*

11734 - 12336 - 2717C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**SOBRE LAS PRUEBAS DE  
LABORATORIO**

*LAB TESTS*

11874 - 14860 - 2596C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**SOBRE LA CREACION DE  
IMAGENES POR RESONANCIA  
MAGNETICA**

*MRI*

14803 - 37168

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

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## DIARRHEA

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### **CUANOLO SU NIÑO TIENE DIARRREA**

#### ***WHEN YOUR CHILD HAS DIARRHEA***

5th Grade Reading Level.

Provides an explanation of diarrhea and a four-day diet for children who are suffering from diarrhea. Advises parents to consult a doctor.

**Available: Division of Health Services**

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## DISABILITIES

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### **UN FUTURO PROMETEDOR:**

#### **PARA SU NIÑO CON LABIO HENDIDO Y PALADAR HENDIDO**

#### ***BRIGHT PROMISE FOR YOUR CHILD AND CLEFT LIP AND CLEFT PALATE***

Explains what cleft palate is, what causes it, and answers common questions.

Publication Number B027

Price: \$1.25 each

Available: National Easter Seal Society

### **SUGERENCIAS UTILES PARA LAS PERSONAS CON IMPEDIMENTOS**

#### ***HANDY, HELPFUL HINTS FOR THE HANDICAPPED***

Offers practical solutions to everyday problems.

Publication Number A-287

Price: \$.40 each

Available: National Easter Seal Society

### **COMO AYUDAR A LAS PERSONAS CON IMPEDIMENTOS A LIMPIAR SE LOS DIENTES**

#### ***HELPING PERSONS WITH HANDICAPS CLEAN THEIR TEETH***

Gives instructions for this type of assistance.

Publication Number A-286

Price: \$.30 each

Available: National Easter Seal Society

### **BOSQUEJO PARA LA CORRECCIÓN DE AREAS PROBLEMATICAS PARA NIÑOS CON IMPEDIMENTOS DEL APRENDEZAJE**

#### ***OUTLINE FOR REMEDIATION OF PROBLEM AREAS FOR CHILDREN WITH LEARNING DISABILITIES***

Outlines common problems, identifiable behavior, and suggestions for amelioration.

Publication Number B-42

Price: \$.25 each

Available: National Easter Seal Society

### **¿ATENCION PADRES: SABEN**

#### **USTEDES CUALES SON LAS PRIMERAS SEÑALES DE AVISO QUE VIENEN DE LOS NIÑOS QUE REQUIEREN ATENCIÓN ESPECIAL?**

#### ***PARENTS: DO YOU KNOW THE EARLY WARNING SIGNS OF CHILDREN WITH SPECIAL NEEDS?***

Gives early warning signs that may indicate the existence of a growth and development problem.

Publication Number PR-315.

Price: \$4.00/100; \$18.00/500; \$35.00/1,000.

Available: National Easter Seal Society

### **COSAS QUE RECORDAR TENER PRESENTE...AL ENCONTRARSE CON UNA PERSONA QUE TIENE IMPEDIMENTO**

#### ***POINTS TO REMEMBER...WHEN YOU MEET A PERSON WHO HAS A DISABILITY***

Provides tips to remember when meeting disabled persons.

Publication Number A-209.

Price: \$2.00/100; \$9.00/500; \$17.00/1,000

Available: National Easter Seal Society

### **CONSEJOS: LO QUE DEBEN Y NO DEBEN DE HACER LOS PADRES DE NIÑOS CON PROBLEMAS DE OLDO**

#### ***THE DO'S AND DON'TS FOR PARENTS OF CHILDREN WITH HEARING PROBLEMS***

Lists tips for parents of pre-school deaf and hard-of-hearing children.

Publication Number A-248

Price: \$.30 each

Available: National Easter Seal Society

**LA ESCOLIOSIS: ¡ATENCIÓN LOS  
PADRES DE FAMILIA! LA  
CURVATURA DE LA COLUMNA  
VERTEBRAL PODRA  
CONTROLARSE...SI SE  
DESCUBRE EN SUS PRIMERAS  
ETAPAS**

***SCOLIOSIS: ATTENTION PARENTS!  
CURVATURE OF THE SPINE CAN BE  
CONTROLLED IF DETECTED EARLY***

Gives a quick and easy-to-follow test to screen  
children for scoliosis.

Publication Number PR-32S

Price: \$4.00/100; \$18.00/500; \$35.00/1,000

Available: National Easter Seal Society



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## DOWN SYNDROME

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**PREGUNTAS Y RESPUESTAS  
SOBRE SINDROME DE DOWN**  
*QUESTIONS AND ANSWERS ABOUT  
DOWN SYNDROME*

Booklet.

Deals with causes and effects of this form of mental retardation, covering questions most often asked by families with a Down's Syndrome child.

9-0203

Available: National Foundation of March of Dimes

**ESTE BEBÉ LA NECESITA MÁS**  
*THIS BABY NEEDS YOU EVEN MORE*

Public information packet. Contains fact sheets, bibliography of reading materials, and a list of parent groups.

Available: National Down Syndrome Society

### AUDIOVISUAL AIDS

**PKU-RETARDO MENTAL EVITABLE**  
*PKU-PREVENTABLE MENTAL  
RETARDATION*

16mm, sound, color, 16 min.

Shows how mental retardation caused by PKU can be prevented when diagnosed early. The film includes information on blood tests and techniques for testing urine in the home.

Available: International Film Bureau

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## DRUG ABUSE

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*Pamphlets intended for the lay audience are available on the following topics; When ordering, specify the name of the pamphlet, since no order number is given.*

Price: Free - up to 100 copies.

Available: National Clearinghouse for Alcohol and Drug Abuse Information

### **ABUSO DROGAS DRUG ABUSE FLYERS**

Packet of six topics

### **ALUCINACIONES HALLUCINOGENS AND PCP**

Describes hallucinogens and psychedelics.

### **INHALANTES INHALANTS**

Describes inhalants, how they work, and their effects and dangers.

### **MARIHUANA MARIJUANA**

Explains the effects of smoking marijuana, and the dangers.

### **OPIO OPIATES**

Gives an explanation of opiates.

### **SEDANTES HIPNÓTICOS SEDATIVE-HYPNOTICS**

Explains sedative-hypnotics.

### **COCAINA Y ESTIMULANTES STIMULANTS AND COCAINE**

Describes amphetamines, cocaine, and caffeine.

### **LA PREVENCIÓN DEL ABUSO DE LAS DROGAS PREVENTION OF DRUG ABUSE**

*Nine fold-out pamphlets from the DIN Foundation are available*

Price: \$.25/copy; \$1.75/10; \$5.00/50; \$9.00/100; \$80.00/1,000

Available: Do It Now Foundation

### **EL ALCOHOL ALCOHOL AND HEALTH**

Publication Number S606

### **LAS DROGAS DEPRIMENTES DEPRESSANTS**

Publication Number S604

### **DATOS SOBRE EL POLVO DE ANGEL**

#### **FACTS ABOUT ANGEL DUST**

Leaflet.

Gives general information on Angel Dust, and its effects when taken by humans.

Publication Number S608

### **LA HEROINA HEROIN**

Publication Number S602

### **LA HERONINA: ENFRENTANDOSE A SI MISMO JUNK: GETTING YOURSELF TOGETHER**

Contains information on methadone, Darvon-N, and other forms of treatment, maintenance, and detoxification. Includes non-drug alternatives.

Publication Number S609 - 131S

### **BASURA: TODO ACERCA DE LAS DROGAS Y LA CONTAMINACIÓN**

#### **JUNK: ALL ABOUT DRUGS AND POLLUTION**

Leaflet.

Junior High Level

Discusses why people abuse drugs to get "high"

Publication Number S605/114-S

## **LA MARIHUANA**

### **MARIJUANA**

Publication Number S603

## **LOS ESTIMULANTES QUÍMICOS**

### **SPEEDY STUFF & COKE**

High School or Better Reading Level.

Presents a general introduction to drugs, legal and illegal.

Publication Number S601

## **INHALANTES**

### **TRUE FACTS ABOUT SNIFFING**

Discusses inhalants, their effects, long-term dangers, and other problems associated with their use.

Publication Number S607

## **SOBRE LA COCAINA**

### **ABOUT COCAINE**

14605 - 19356 - 2885C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

## **LO QUE USTED DEBE SABER**

### **SOBRE LA MARIHUANA**

#### **ABOUT MARIJUANA**

12831 - 14688 - 2501C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

## **EL ALCOHOL, LAS DROGAS Y LA SEGURIDAD**

### **ALCOHOL, DRUGS, AND SAFETY**

Leaflet

High School and up.

Discusses everyday activities such as job safety, bicycle safety, and other functions that may be affected by your attitude toward the use of chemicals.

128-S.

Available: Do It Now Foundation

## **TODO ACERCA DE LAS DROGAS DEPRIMENTES**

### **ALL ABOUT DOWNER DRUGS**

Pamphlet.

High School and up.

Covers all basic downer drugs.

104-S.

Available: Do It Now Foundation

## **¿ESTAN SUS HIJOS USANDO NARCOTICOS O DROGAS PELIGROSAS?**

### **ARE YOUR CHILDREN USING NARCOTICS OR DANGEROUS DRUGS**

Adult Reading Level.

A guide to narcotics for parents

Lists most commonly abused drugs, the symptoms and behaviors. They induce, how to recognize drugs and drug paraphernalia, and the dangerous effects of each

Available: Blue Cross/Blue Shield of Connecticut

## **LOS BARBITURICOS: ALGUNOS HECHOS IMPORTANTES**

### **BARBITURATES: IMPORTANT FACTS FOR YOUR SURVIVAL**

Leaflet.

Information on what are among the most widely used and abused drugs in all strata of society - barbiturates.

111-S.

Available: Do It Now Foundation

## **LAS DROGAS Y USTED**

### **DRUGS AND YOU**

11148 - 14399 - 2390D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

## **SOBRE EL ABUSO DE LAS DROGAS**

### **DRUG ABUSE**

11221 - 14639 - 2396D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**LA HEPATITIS, Y OTROS DATOS  
PARA LOS ABUSADORES DE LA  
AGUJA**

***FACTS FOR NEEDLE FREAKS***

Pamphlet.

Junior High and up.

Covers a large array of needle-related problems,  
from hepatitis to endocarditis to abscesses.

127-S.

Available: Do It Now Foundation

**TIENES ALGUNA  
IDENTIFICACIÓN, JOVEN?  
*GOT ANY I.D., KID?***

Leaflet

Introduces to the junior-high age and up the  
subject of alcohol use and abuse.

129-S

Available: Do It Now Foundation

**GUÍA AL ABUSO DEL ALCOHOL Y  
DROGAS: FUENTES SOBRE LA  
GENTE QUE HABLA ESPAÑOL -  
EN ESPAÑOL, INGLÉS O BILINGÜE  
*GUIDE TO ALCOHOL AND DRUG  
ABUSE***

Audio-visual and Print Sources about the  
Spanish Speaking.

Lists audiovisuals, pamphlets, books, peri-  
odicals and other materials for laymen and  
professionals from both national and foreign  
sources.

Available: Do It Now Foundation

**INHALANTES  
*INHALANTS***

Explains what inhalants are, their effects, haz-  
ardous long-term effects, and lethal dosages;  
provides a listing of clues in inhalant abuse and  
suggestions on how parents can help.

Available: National Clearinghouse for Alcohol  
and Drug Abuse Information

**MARIHUANA: ¿QUE ES Y QUE  
HACE?**

***MARIJUANA: WHAT IT IS AND WHAT  
DOES IT DO?***

Explains duration and effects of marijuana on  
the minds and bodies of young people, adults,  
and pregnant women, and includes legal aspects  
and medicinal use for certain diseases.

Available: National Clearinghouse for Alcohol  
and Drug Abuse Information

**LA MARIHUANA: ¡DATOS  
IMPARCIALES ACERCA DE LA  
HIERBA QUE MATA!**

***MARIJUANA: UNBIASED FACTS  
ABOUT THE KILLER WEED!***

Leaflet

Presents information on marijuana and its ef-  
fects.

118-S.

Available: Do It Now Foundation

**LA MARIJUANA AL DÍA  
*MARIJUANA UPDATE***

Explains the health hazards of marijuana .

Price: \$.50/each

Available: American Council for Drug  
Education

**SOBRE LA PREVENCIÓN DEL  
ABUSO DE LAS DROGAS  
*PREVENTING DRUG ABUSE***

12682 - 14894 - 2425C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**PREVENCIÓN DE ADICCIÓN A  
DROGAS Y DE SUSTANCIAS  
NOCIVAS**

***PREVENTION OF ADDICTION TO  
DRUGS AND SUBSTANCES***

High School Reading Level

Effects of some drugs and how to prevent their  
uses.

Available: School Health Program

***PCP***

Provides background information on PCP use,  
hazardous effects, and outcomes; includes sug-  
gestions on how people can help.

Available: National Clearinghouse for Alcohol  
and Drug Abuse Information

**LA PCP: DE ROBO CALLEJERO  
HASTA DROGA DE ELECCIÓN**  
*PCP, FROM STREET RIPOFF TO  
DRUG OF CHOICE*

Pamphlet.

Junior High and up.

Talks about PCP, which is commonly found in street THC, mescaline, and other drugs.

116-S.

Available: Do It Now Foundation

**LA HEROIA: LA COSA MÁS  
FUERTE QUE SE PUEDE  
COMPRAR SIN RECETA**  
*SMACK: THE STRONGEST THING  
YOU CAN BUY WITHOUT A  
PRESCRIPTION*

Discusses usage of heroin in today's world and the dangers associated with its usage.

Available: Do It Now Foundation

**EL HUSMEAR: OLORES BUENOS  
Y OLORES MALOS**  
*SMELLING: GOOD SMELLS AND BAD  
SMELLS*

Leaflet.

Written at the 4th grade level

Tells children what sniffing is, why it's done, what it can do, and how the child can get help.

143-S.

Available: Do It Now Foundation

**ALGUNOS DATOS POCO  
CONOCIDOS ACERCA DE  
DROGAS Y ALCOHOL**  
*SOME LITTLE KNOWN FACTS ABOUT  
DRUGS AND ALCOHOL*

Leaflet.

Brief facts about marijuana, caffeine, aerosols, laxatives, barbiturates, alcohol, etc.

Available: Do It Now Foundations

**SPANISH LANGUAGE DRUG AND  
ALCOHOL INFORMATION PACKET**

Pieces of up-to-date handout materials for all ages. Covers nearly every major aspect of licit and illicit chemicals with abuse or over-use potential. Titles included in this packet are also listed individually in this section.

501-S.

Available: Do It Now Foundation

**LA VELOCIDAD Y LAS BLANCAS:  
LA MISMA COSA ALGUNAS VECES**  
*SPEED AND WHITES: THE SAME  
THING SOMETIMES*

Leaflet.

Written for high-school or better reading level

General information on amphetamines and their effect on humans.

112-S.

Available: Do It Now Foundation

**HECHOS VERDADEROS ACERCA  
DE LOS INHALANTES**

*TRUE FACTS ABOUT SNIFFING*

Leaflet.

Junior High or better reading level

Answers common questions on effects of vaporous substances when inhaled by humans.

106-S.

Available: Do It Now Foundation

**TRANQUILIZANTES: SU USO,  
ABUSO, Y DEPENDENCIA**  
*TRANQUILIZERS: USE, ABUSE, AND  
DEPENDENCY*

Publication No. (FDA) 79-3084S

Price: Single copy free

Available: Food and Drug Administration

**¿QUÉ NOMBRE SE LA DA A LAS  
DROGAS?**

*WHAT DO THEY CALL IT AGAIN?*

Provides glossary of street drugs, including proper and slang terms, how they affect the body, and dosage forms.

Available: National Clearinghouse for Alcohol  
and Drug Abuse Information

## **AUDIOVISUAL AIDS**

### **MUERTE ES MUERTE**

#### ***DEAD IS DEAD***

16mm, sound color, 21 minutes.

Traces the step-by-step destruction of humans addicted to pills and needles and offers concrete suggestions for action that can be taken by concerned citizens of all ages.

AA3823

Available: Paramount Communications

### **LAS DROGAS EN EL SISTEMA NERVIOSO**

#### ***DRUGS AND THE NERVOUS SYSTEM***

16mm, sound, color, 18 minutes.

For young children.

Explains the serious disruption of the nervous system caused by drugs; airplane glue, stimulants, depressants, marijuana, and LSD.

Available: Churchill Films

### **ENFOQUE SOBRE LAS ANFETAMINAS**

#### ***FOCUS ON AMPHETAMINES***

16mm, sound, color.

Greg Morris narrates this film on amphetamines

Available: American Educational Film

### **ENFOQUE SOBRE LOS DEPRESIVOS**

#### ***FOCUS ON DEPRESSANTS***

16mm, sound, color.

Narrated by Greg Morris, discusses depressants and their danger.

Available: American Educational Film

### **ENFOQUE SOBRE LA HEROINA**

#### ***FOCUS ON HEROIN***

16m, sound, color.

Actor and TV personality David Hartman narrates this film on heroin and addiction to the drug.

Available: American Educational Film

### **ENFOQUE SOBRE LSD Y OTRAS DROGAS SICODICAS**

#### ***FOCUS ON LSD AND OTHER PSYCHEDELIC DRUGS***

16mm, sound, color.

Narrated by Tommy Roe, deals with LSD and other psychedelic drugs.

Available: American Educational Film

### **ENFOQUE SOBRE LA MARIJUANA**

#### ***FOCUS ON MARIJUANA***

16mm, sound, color.

Deals with marijuana and its effects.

Available: American Educational Film

### **ALUCINANTES**

#### ***HALLUCINOGENS***

16mm, 5 minutes.

Concerns the primary effects and dangers that hallucinogens may have upon the mind.

Available: National Audio Visual Center

### **LOS NARCÓTICOS-QUE SON EN REALIDAD**

#### ***NARCOTICS-THE INSIDE STORY***

16mm, sound, color, 12 min.

Acquaints viewers with the effects narcotics and drugs have on the senses and the central nervous system.

Available: Inter-American Safety Council

### **NARCÓTICOS**

#### ***NARCOTICS***

16mm, 5 min.

Describes the dangerous effects that these drugs may have on the individual. Discusses the reasons why persons abuse drugs.

Available: National Audio Visual Center

### **ACTIVIDAD PSICOLOGICA**

#### ***PSYCHOACTIVE***

16mm, video cassette, sound, color, 30 minutes.

Informs the viewer about the physiological effects of each of the five classifications of psychoactive drugs on the human body; explains how the nine systems of the human body function separately and together; and demonstrates the way in which a drug meant for one system can throw the others into disequilibrium.

Available: Pyramid Film & Video, Inc.

## **SEDANTES**

### ***SEDATIVES***

16mm, 5 min.

Explains the uses and effects to the individual personality relating to tolerance, as well as physical and psychological dependence.

**Available: National Audio Visual Center**

## **ESTIMULANTES**

### ***STIMULANTS***

16mm, 5 min.

Concerns the effects of drug abuse on the nervous system. Mentions the use of "*speed*" and its dangers.

**Available: National Audio Visual Center**

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## DRUG INFORMATION

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### **CARTILLA DE MEDICINAS**

#### ***A PRIMER ON MEDICINES***

Provides information on proper and safe use of over-the-counter and prescription medicines and on choosing a pharmacy.

Publication Number (FDA)80-3079S.

Available: Food & Drug Administration

### **LAS MEDICINAS VENDIDAS CON RECETA**

#### ***PRESCRIPTION MEDICINES***

Leaflet.

Tells the reader what both the patient and doctor should know before a medicine is prescribed. Provides other information about prescription medicines.

DHEW Publ. No. (FDA) 78-3059S

Available: Food & Drug Administration

### **LA AUTO-MEDICACIÓN**

#### ***SELF-MEDICATION***

Fact Sheet.

Warns of possible danger in using over-the-counter medicines without medical advice, such as over-dosage or mixing medications.

DHEW Publ. No. (FDA) 73-3025S

Available: Food & Drug Administration

### **RECURSOS**

#### ***SOURCES***

Lists information materials on medicine and health, available from the pharmaceutical industry, including ordering information, and which materials are available in Spanish.

Price: Single, Free; additional copies, \$1.00/each.

Available: Pharmaceutical Manufacturers Association



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## EMERGENCIES

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### **COMO BUSCAR ASISENCIA**

#### **MEDICA DE INMEDIATO**

#### *HOW TO FIND IMMEDIATE MEDICAL ASSISTANCE*

Offers illustrated instructions on where and how to get immediate assistance in medical emergencies.

**Available: American Red Cross**

### **COMO DETENER UNA**

#### **HEMORRAGIA**

#### *HOW TO STOP HEMORRHAGING*

Provides step by step illustrated directions on how to stop bleeding, and tells where and how to seek assistance.

**Available: American Red Cross**

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## EPILEPSY

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### **SOBRE LA EPILEPSIA**

#### ***ABOUT EPILEPSY***

11858 - 12625

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

### **POR QUÉ TU ERES MI AMIGO**

#### ***BECAUSE YOU ARE MY FRIEND***

Pamphlet.

Written for friends of epileptic children; helps them understand the problem.

Available: Epilepsy Foundation of America

### **LA EPILEPSIA**

#### ***EPILEPSY***

Pamphlet.

Answers frequently asked questions on epilepsy.

Available: Epilepsy Foundation of America

### **EPILEPSIA**

#### ***EPILEPSY***

Describes all facets of epilepsy and provides case studies.

Publication Number (NIH) 81-156

Available: National Institute of Neurological  
& Communicative Disorders  
& Stroke

### **EPILEPSIA: ESPERANZA EN LA INVESTIGACIÓN**

#### ***EPILEPSY: HOPE THROUGH RESEARCH***

Booklet.

Treats the subject of epilepsy in detail, including answers to common questions.

DHEW Publ. No. (NIH) 73-287

Available: National Institute of Neurological  
& Communicative Disorders  
& Stroke

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## EPSDT

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**EL PROGRAMA DE EXAMEN,  
DIAGNOSTICO, Y TRATAMIENTO  
HECHO A TIEMPO Y CON  
FRECUENCIA DE MEDICAID  
*MEDICAID'S EARLY & PERIODIC  
SCREENING, DIAGNOSIS, AND  
TREATMENT PROGRAM (EPSDT)***

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

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## EXERCISE

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### **PARA UNA MEJOR SALUD...EJERCITATE**

*FOR GOOD HEALTH... EXERCISE*

Available: Concilio de Salud Integral de  
Loiza, Inc.

### **EL EJERCICIO**

*DESIGN FOR LIFE SERIES:Physical  
Fitness*

Leaflet.

Outlines basic steps for the safe way to develop a personal fitness program to produce greater stamina and coordination, improved work performance, and a more efficient circulatory system.

Available: Blue Cross/Blue Shield of  
Connecticut

### **ESTILO DE VIDA**

*DESIGN FOR LIFE SERIES :Lifestyle*

Leaflet.

Provides a brief look at the components of a healthy lifestyle, recommending moderation in maintenance of physical and mental well-being.

Available: Blue Cross/Blue Shield of  
Connecticut

### **GOCE Y MANTENGASE EN BUENA CONDICIÓN FÍSICA CAMINANDO**

*WALK FOR FUN AND FITNESS*

12765 - 19646 - 2475D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **AUDIOVISUAL AIDS**

*PHYSICAL FITNESS AND GOOD  
HEALTH*

16mm, sound, color, 10 min.

Shows the importance of exercise, rest and proper diet for physical fitness. Discusses structure and function of muscles, the body mechanism, and the relationship between physical fitness and the mental and social side of health.

Available: Coronet/MTI Film and Video

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## FAMILY PLANNING

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### **CONSEJOS PARA EL HOMBRE Y LA MUJER**

#### **ADVICE FOR MEN AND WOMEN**

Pamphlet.

Covers contraceptive methods, sterilization, abortion, adoption, breast and pelvic exams, and VD along with related topics. Illustrates use of contraceptive methods.

Available: Los Angeles Regional Family Planning Council, Inc.

### **DESPUÉS QUÉ SU MEDICO LE RECETE LA PILDORA**

#### **AFTER YOUR DOCTOR PRESCRIBES THE PILL**

10th Grade Reading Level.

Good to use with motivated patient. Accurate information. 1982.

Available: Ortho Pharmaceutical Corporation

### **EL BARULLO DE CONVERTIRSE EN PADRES ADOLESCENTES METAS PARA ADOLESCENTES**

#### **THE FACTS OF BECOMING A TEENAGE PARENT**

This pamphlet emphasizes the importance of family planning, not only for married couples, but for adolescents who are planning to someday have children. There is a review of the reproductive process, the risks of pregnancy, and methods of birth control.

Available: U. S. Department of Health & Human Services

### **FUNDAMENTOS DE LA PLANIFICACIÓN DE LA FAMILIA**

#### **BASICS OF BIRTH CONTROL**

Pamphlet.

High School/Adult Reading Level.

Gives information on each method in chart form. Discusses the reproductive systems in men and women, the woman's menstrual cycle and various methods of birth control.

Publication Number 1557

Price: \$.50/each; \$24.00/100; \$180.00/1,000

Available: Planned Parenthood

### **CONTROL DE LA NATALIDAD: LOS METODOS QUE SON EFECTIVOS...Y LOS QUE NO LO SON**

#### **BIRTH CONTROL: METHODS THAT ARE EFFECTIVE...AND THOSE THAT ARE NOT**

Leaflet.

Gives a brief explanation of conception and methods of contraception that work best, that work sometimes and that do not work. Also discusses abortion and sterilization.

Available: Planned Parenthood

### **CONFIDENCIAL. PARA PADRES DE FAMILIA...Y FUTUROS PADRES DE FAMILIA**

#### **CONFIDENTIAL. FOR FATHERS...AND FUTURE FATHERS**

Available: National Foundation of March of Dimes

### **ANTICONCEPTIVOS: COMPARANDO LAS OPCIONES CONTRACEPTIVAS: COMPARING THE OPTIONS**

6th Grade Reading Level.

Lots of accurate, clear information. Good to use for one on one patient education.

Available: U. S. Department of Health & Human Services

### **¿CONTRACEPCIÓN?**

#### **CONTRACEPTION?**

6th Grade Reading Level.

Accurate information. 1985.

Available: Krames Communications

### **CONTRACEPCION**

#### **CONTRACEPTION**

Leaflet.

Evaluates contraceptive methods as to safety, effectiveness, medical desirability, convenience, cost and personal taste. Compares advantages and disadvantages.

Available: Planned Parenthood

**METODOS ANTICONCEPTIVOS  
EN LA PLANIFICACIÓN FAMILIAR**  
*CONTRACEPTIVE METHODS IN  
FAMILY PLANNING*

5th Grade Reading Level.

Deals with birth control methods, their effectiveness and use. Discusses possible problems and complications in family planning.

Available: U. S. Department of Health & Human Services

**METODOS ANTICONCEPTIVOS**  
*CONTRACEPTIVE METHODS*

Available: San Diego County Department of Health Service

**METODOS ANTICONCEPTIVOS.  
¿CUAL ES EL MEJOR PARA  
USTED?**

*CONTRACEPTIVE METHODS.  
WHICH IS THE BEST FOR YOU*

Available: Texas Department of Health

**LA ANTICONCEPCIÓN: ¿QUÉ  
METODO LE CONVIENE?**  
*CONTRACEPTION: WHAT METHOD  
IS MOST CONVENIENT?*

Available: American College of Obstetricians & Gynecologists

**DÍAS QUÉ CAMBIARON MI VIDA**  
*DAYS THAT CHANGED MY LIFE*

Comic book.

Tells the story of a young couple who have an unplanned baby and follows them through pregnancy to childbirth covering the emotional impact, prenatal care, diet and nutrition, and other factors.

Available: National Foundation of March of Dimes

**GRAFICO DE DESARROLLO**  
*DEVELOPMENT CHART*

Five-foot long wall poster.

Traces the development of the infant inside the womb.

Available: National Foundation of March of Dimes

**EL DIAFRAGMA**  
*DIAPHRAGM INSTRUCTIONS*

Pamphlet.

5th Grade Reading Level.

Accurate information.

Available: Su Clinica Familia

**INFORMACIÓN ACERCA DE LA  
VASECTOMIA**

*FACTS ABOUT VASECTOMY*

6th Grade Level.

Good, accurate information - Easy to understand.

Available: Clinica Campesina Rural Health

**VERDAD ACERCA DE LOS  
METADOS CONTRACEPTIVOS**  
*FACTS ABOUT METHODS OF  
CONTRACEPTION*

Explains in chart form temporary methods, how they work, problems and warnings.

Specify Spanish version of Publication Number 131.

Available in multiples of 100 only.

Price: \$15.00/100; \$120.00/1,000

Available: Planned Parenthood

**HIGIENE FEMENINA**  
*FEMININE HYGIENE*

Bilingual pamphlet.

Discusses feminine hygiene. Among the topics covered are bathing and sex during menstruation, douching, and vaginal secretions.

Available: Life Planning Health Services

**CONOCIMIENTO DE LA  
FERTILIDAD**  
*FERTILITY AWARENESS*

Pamphlet.

Describes the life-giving potential of the individual. Outlines the basic biological facts of male-female reproductive physiology. Designed to help people attending family planning classes understand the reproductive process and body signs related to fertility.

Available: Human Life & Natural Family Planning Foundation

**ESPUMA Y CONDONES**

**FOAM AND CONDOMS**

Available: Midwest Family Planning  
Association

**COMO USAR LA ESPUMA**

**ANTICONCEPTIVA**

**HOW TO USE A FOAM**

**CONTRACEPTIVE**

Bilingual flipbook.

Explains principles and procedures involved in  
this method of contraception.

Available: Schering Corporation

**INFORMACION IMPORTANTE**

**ACERCA DE LOS IUD**

**IMPORTANT INFORMATION ABOUT**

**IUDS**

Fact Sheet. Warns of possible dangers to  
women from use of IUDS.

DHEW Pub. No. (FDA) 79-4012S.

Available: Food & Drug Administration

**EN SU CUERPO Y EN SU MENTE**

**IN YOUR BODY AND IN YOUR MIND**

Pamphlet.

In comic book format traces the child's develop-  
ment during pregnancy and answers commonly  
asked questions about medical examinations  
and childbirth. Also talks about care of the new-  
born infant.

Available: National Foundation of March  
of Dimes

**HOJA DE INSTRUCCIONES EN**

**COMO USAR EL IUD**

**INSTRUCTIONS ON HOW TO USE AN**

**IUD**

Available: San Diego County Department  
of Health Services

**HOJA DE INSTRUCCIÓN EN LA**

**FORMA DE COMO USAR EL**

**DIAFRAGMA**

**INSTRUCTIONS ON HOW TO USE**

**THE DIAPHRAGM**

Available: San Diego County Department of  
Health Services

**INSTRUCCIONES EN COMO USAR**

**LA ESPUMA Y CONDON**

**INSTRUCTIONS ON HOW TO USE**

**FOAM AND CONDOMS**

Available: San Diego County Department of  
Health Services

**INFORMACIÓN SOBRE LA**

**VASECTOMIA**

**INFORMATION ABOUT VASECTOMY**

Fact Sheet.

Provides information about vasectomy: the pro-  
cedure, reversibility, after-effects, and space  
complications.

Available: Planned Parenthood

**JOSE EL ARRIESGADO**

**JOSE, THE CARELESS**

Leaflet.

Briefly discusses male-female responsibilities in  
family planning.

Available: Schering Corporation

**LAPAROSCOPIA**

**LAPAROSCOPY**

Pamphlet.

In simple terms, explains the nature of the  
operation, reasons for considering it, its effect  
on fertility, and benefits of over non- permanent  
methods.

Available: Carolina Population Center

**LAPAROSCOPIA**

**ESTERILIZACION DE LOS TUBOS**

**DE FALLOPIO**

**LAPROSCOPY: STERLIZATION OF**

**THE FALLOPIAN TUBES**

Available: U. S. Department of Health  
& Human Services

**BOLETÍN 30. ALERTA A LOS**

**LIDERES**

**LEADERS ALERT 30: TEEN-AGE**

**PREGNANCY**

Fact sheet.

Discusses problems facing adolescent mothers  
and society when teenagers become pregnant.

Available: National Foundation of March  
of Dimes

**BICHOS DE AMOR**

**LOVE BUGS**

Pamphlet.

Through humorous illustrations and graphic design presents basic information about the various venereal diseases and urogenital infections.

Available: Krames Communications

**AMOR, SEXO Y CONTROL DE LA  
NATALIDAD PARA EL  
RETARDADO MENTAL**

**LOVE, SEX AND BIRTH CONTROL  
FOR THE MENTALLY RETARDED**

Guides parents in relating facts to youngsters, with advice from experts on introducing and discussing various topics.

Publication Number 1551

Price: \$1.95/each; \$75.00/50

Available: Planned Parenthood

**METODO DE LA OVULACIÓN:  
RESUMEN**

**METHOD OF OVULATION: SUMMARY**

Pamphlet.

Helps in understanding of the ovulation method.

Available: Human Life & Natural Family  
Planning Foundation

**METODOS DE PLANIFICACIÓN  
FAMILIAR**

**METHODS OF FAMILY PLANNING**

Adult/High School Reading Level.

Describes several birth control methods, advantages, problems and effectiveness of each.

Available: Planned Parenthood

**METODOS ANTICONCEPTIVOS**

**METHODS OF CONTRACEPTION**

Flip chart.

Covers, with demonstration charts, how the menstrual cycle works, how conception occurs, and the various ways it can be prevented. All methods are considered, with advantages and disadvantages explained.

#1520

Available: Planned Parenthood

**LO QUE TODO EL MUNDO DEBE  
SABER SOBRE LA  
PLANIFICACIÓN FAMILIAR  
NATURAL**

**NATURAL FAMILY PLANNING**

Price: varies depending on quantities ordered.

Publication Number -16717 - 16907 - 2438C

Available: Channing L. Bete Company, Inc.

**NO TODO QUE LE PASA ALLI  
ABAJO ES LA ENFERMEDAD  
VENREA**

**NOT EVERYTHING WRONG DOWN  
THERE IS VD**

Pamphlet.

Looks at the many non-VD infections; includes discussion of vaginitis, urinary tract infection, lice, etc.

Available: Do It Now Foundation

**CONTRACEPTIVOS ORALES  
ORAL CONTRACEPTIVES**

Explains possible side effects, common problems associated with use, and informational facts on types of oral contraceptives.

Available: National Institute of Health

**EXAMEN PELVICO**

**PELVIC EXAM**

Pamphlet. Answers questions on this exam.

Available: Planned Parenthood

**LA ANTICONCEPCIÓN  
PERMANENTE. EL METODO MAS  
UTILIZADO EN EL MUNDO  
ENTERO**

**PERMANENT CONTRACEPTION**

Available: Association for Voluntary Surgical  
Contraception

**METADOS PERMANENTES PARA  
EL CONTROL DE LA NATALIDAD  
PERMANENT METHODS FOR BIRTH  
CONTROL**

Available: San Diego County Department of  
Health Services



**PREGUNTAS Y RESPUESTAS  
SOBRE LA ESTERILIZACIÓN  
VOLUNTARIA PARA HOMBRES Y  
MUJERES**

*QUESTIONS AND ANSWERS ON  
VOLUNTARY STERILIZATION FOR  
MEN AND WOMEN*

Pamphlet.

Advanced reading level.

Vasectomy and tubal ligation are briefly explained. Covers the techniques, effectiveness, side effects, safety, cost, and legality of the procedures.

Available: Association for Voluntary Surgical  
Contraception

**¿SEXO EN ADOLESCENTES?  
ESTA BIEN DECIR NO  
TEENSEX? IT'S OK TO SAY "NO WAY"**

Addresses sexual behavior of today's teens.

Publication Number 1631

Price: \$.50/each; \$18.00/100; \$140.00/1,000

Available: Planned Parenthood

**EL METODO SINTO-TERMICO  
THE SYMPTO-THERMIC METHOD**

Booklet.

This comprehensive publication explains the symptothermic method of natural family planning, covering topics such as basal body temperature and physical evidence.

Available: Planned Parenthood *or*  
Human Life & Natural Family  
Planning Foundation

**LA HISTERECTOMIA  
THE HYSTERECTOMY**

Available: American College of Obstetricians  
& Gynecologists

**EL IUD  
THE IUD**

Available: Midwest Family Planning  
Association

**¡LA VASECTOMIA!  
ESTERILIZACIÓN VOLUNTARIA  
PARA HOMBRES...**

*THE VASECTOMY. VOLUNTARY  
STERILIZATION FOR MEN...*

Available: Texas Department of Health

**SER MADRE...SER PADRE**

*TO BE A MOTHER...TO BE A FATHER*

Booklet.

Gives an illustrated, straightforward explanation of human reproduction and family planning methods.

#590

Available: Planned Parenthood

**SER O NO SER UNA MADRE, UN  
PADRE**

*TO BE OR NOT TO BE A MOTHER, A  
FATHER*

Offers an illustrated, simple explanation of human reproduction and family planning methods.

Publication Number 951

Price: \$.50/each; \$15.00/100; \$115.00/1,000

Available: Planned Parenthood

**LIGADO DE TUBOS  
TUBAL LIGATION**

Pamphlet.

Explains the nature of the operation, reasons for considering it, its effect on fertility, and benefits over nonpermanent methods.

Available: Carolina Population Center

**LA OPERACIÓN DE LA  
ESTERILIZACIÓN: LIGADURA DE  
LOS TUBOS DE FALOPIO  
TUBAL LIGATION**

Available: U. S. Department of Health &  
Human Services

**USO DE LA PILDORA  
USE OF BIRTH CONTROL PILLS**

Pamphlet.

5th Grade Reading Level. Accurate information.

Available: Su Clinica Familia

**USO DE ESPUMA  
USE OF FOAM**

5th Grade Reading Level. Accurate information.

Available: Su Clinica Familia

## **USO DEL CONDOM**

### **USE OF THE CONDOM**

5th Grade Reading Level.

Accurate information.

Available: Su Clinica Familia

## **LA OPERACIÓN DE**

### **ESTERILIZACIÓN: VASECTOMIA**

#### **VASECTOMY**

Available: U. S. Department of Health & Human Services

## **LA VASECTOMIA**

### **VASECTOMY**

Gives facts about vasectomy as a form of contraception, and discusses results of a study concerning post-surgical problems done on vasectomized men.

Available: National Institute of Health

## **VASECTOMIA: CONTROL DE LA NATALIDAD PERMANENTE PARA HOMBRES**

### **VASECTOMY: PERMANENT BIRTH CONTROL FOR MEN**

Pamphlet.

Answers questions about what a vasectomy is and about the procedure itself, recovery time, effectiveness, and cost.

Available: Planned Parenthood

## **VASECTOMIA**

### **VASECTOMY**

Pamphlet.

Explains the nature of the operation, reasons for considering it, its effects on fertility, and benefits over nonpermanent methods.

Available: Carolina Population Center

## **ESTERILIZACIÓN VOLUNTARIA: SU DERECHO A SABER - SU DERECHO A ELEGIR**

### **VOLUNTARY STERILIZATION: YOUR RIGHT TO KNOW - YOUR RIGHT TO CHOOSE**

Pamphlet.

Describes the procedures, risks, and side effects of vasectomy, tubal ligation, and laparoscopic tubal sterilization. Emphasizes the seriousness of the decision to have a sterilization operation.

Available: Association for Voluntary Surgical Contraception

## **ESTERILIZACIÓN VOLUNTARIA PARA HOMBRES Y MUJERES**

### **VOLUNTARY STERILIZATION FOR MEN AND WOMEN**

Pamphlet.

Explains both operations and answers the questions most often asked about the various sterilization procedures.

Available: Planned Parenthood

## **LO QUE USTED DEBE SABER ACERCA DE LOS CONTRACEPTIVOS ORALES**

WHAT YOU SHOULD KNOW ABOUT ORAL CONTRACEPTIVES

Available: Syntex (F.P.) Inc.

## **¡AY NO! ¿QUÉ HAGA AHORA?**

WHAT TO DO NOW?

Available: Sex Information and Education

## **LO QUE TODOS DEBEN SABER ACERCA DEL CONTROL DE LA NATALIDAD**

### **WHAT EVERYONE NEEDS TO KNOW ABOUT BIRTH CONTROL**

Price: varies depending on quantities ordered

Publ. Number - 19117 - 19125 - 2398D

Available: Channing L. Bete Company, Inc.

## **¿QUE HAY QUE SABER DE LA ESTERILIZACIÓN?**

### **WHAT THERE IS TO KNOW ABOUT STERILIZATION**

Available: California Department of Health Services

## **QUÉ DEBE SABER ACERCA DEL CONTROL DE LA NATALIDAD**

WHAT YOU NEED TO KNOW ABOUT BIRTH CONTROL

High School/Adult Reading Level.

Shows and discusses various types of birth control. Illustrations of devices.

Available: Yakima Valley Farm Workers Clinic

## **USTEDES PUEDEN PLANEAR SU FAMILIA**

### ***YOU CAN PLAN YOUR FAMILY***

Pamphlet. Explains how family planning fosters a healthier, happier, family life.

Available: Planned Parenthood

## **AUDIOVISUAL AIDS**

### **NACE UN BEBE**

#### ***A BABY IS BORN***

23 minutes.

A literal photographic record of an actual hospital delivery; follows the actual labor and delivery of a couple's first child. Depicts the mixture of emotions that accompany the birth.

#1015

Price: \$25.00

Available: Professional Research, Inc.

### **ACERCA DE CONCEPCIÓN Y CONTRACEPCIÓN**

#### ***ABOUT CONCEPTION AND CONTRACEPTION***

16mm, sound, color, 11 min.

Animated drawings illustrate how birth control methods function in preventing contraception.

No narration.

Available: National Film Board of Canada or Professional Research, Inc.

### **ANATOMY AND PHYSIOLOGY OF PREGNANCY**

16mm, Super 8mm, video tape, 6 min.

Surveys the female reproductive system; fertilization, sex determination; fetal and maternal development.

Available: Professional Research, Inc.

### **CONTROL DE NATALIDAD Y SUS ALTERNATIVAS**

#### ***BIRTH CONTROL: THE CHOICES***

16mm, 8mm; sound, color, 15 min.

Presents the uses, limitations, and the side effects of the usual methods of birth control, as well as tubal ligation, vasectomy, and abortion. A physician, a birthcontrol counselor, young persons, and animation are used to explore the choices.

Available: Churchill Films

## **MUJERES COLOMBIANAS**

### ***COLOMBIAN WOMEN***

Video tape, b/w, 20 min.

Features a group of Colombian women giving personal testimony to the advantages of using birth control.

Available: Martha Stuart Communications, Inc.

### **ESPUMA CONTRACEPTIVA Y OTRAS APLICACIONES VAGINALES**

#### ***CONTRACEPTIVE FOAM AND OTHER VAGINAL APPLICATIONS***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which these methods of contraception prevent pregnancy, and the manner in which they are obtained and used.

Available: Medcom/Trainex Inc.

### **DOUCHING**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Demonstrates the proper procedure for douching.

Available: Medfact, Inc.

### **ESPECIALMENTE PARA NIÑAS ESPECIALLY FOR GIRLS**

Sound filmstrip.

The changes and functions of a girl's reproductive system are presented in an animated sound filmstrip that is in use in over 1000 school systems and health care facilities.

Sent on 30-day approval. No previews.

#183

Price: \$35.00

Available: Professional Research, Inc.

### **ESPECIALMENTE PARA NIÑOS ESPECIALLY FOR BOYS**

Sound filmstrip- \$35.00 - #182

Designed to help boys aged 10 and up develop basic understanding and wholesome attitudes about human growth and reproduction.

Sent on 30-day approval. No previews.

#182

Price: \$35.00

Available: Professional Research, Inc.

**PLANEAMIENTO FAMILIAR**  
**FAMILY PLANNING**

16mm, sound, color, 10 min.

In simple language, explains the goals of family planning without advocating any specific birth control methods.

Available: Coronet/MTI Film & Video

**PLANEAMIENTO FAMILIAR**  
**FAMILY PLANNING**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Explains six methods of birth control. Also discusses problems of not using birth control and the selection of the right method for each patient.

Available: Medcom/Trainex Inc. or Medfact, Inc.

**PLANIFICACIÓN FAMILIAR: LOS HIJOS POR ELECCIÓN**  
**FAMILY PLANNING: CHILDREN BY CHOICE**

16mm, sound, color, 19 min.

Narrated by James Daly, asks questions such as: *Do you want children? How many? Are you mature enough to have a family?* Explores the impact of children on parents and the responsibilities of rearing children.

Available: American Educational Films

**FREEDOM FROM PREGNANCY**

Super 8, 8 and 16mm, sound, color, 11 min.

Informs the clinic patient about the modern, medically approved tubal ligation and vasectomy operations.

Available: Allendor Productions

**LA ESPERANZA NO ES UN METODO**

**HOPE IS NOT A METHOD - THIRD EDITION**

18 minutes.

Discusses medical and scientific information about withdrawal, rhythm, spermicidal foams, sponges, diaphragm, pill, cervical cap, IUD, and voluntary sterilization, in an honest and sensitive manner.

#1132

Price: \$450.00

Available: Professional Research, Inc.

**COMO NO QUEDAR EMBARAZADA, AUN INTENTANDOLO**  
**HOW NOT TO GET PREGNANT WHILE REALLY TRYING**

Color slide set with record or cassette, 15 min.

Through animation and photographs, describes five methods of contraception (pill, IUD, diaphragm, foam, and condom), their effectiveness, and their use.

Available: Children's Hospital, Columbus, OH

**IUD**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of the intrauterine device, its problems and its advantages.

Available: Medfact, Inc.

**PARTO**  
**LABOR AND DELIVERY**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Includes definition of the stages of labor and a discussion of what the mother can expect physically and emotionally during these stages. Details cervical dilation and effacement, medication before and during delivery, the episiotomy, and the actual delivery of the baby. Discusses immediate after-delivery care.

Available: Medcom/Trainex, Inc.

**METADOS DE NATALIDAD**  
**METHODS OF BIRTH CONTROL**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Surveys seven methods of birth control and discusses theoretical and actual effectiveness rates. Included are: birth control pills, IUD, diaphragm, vasectomy, tubal ligation, condom, and contraceptive foam.

Available: Medcom/Trainex, Inc.

**METADOS DE NATALIDAD**  
**METHODS OF FAMILY PLANNING**

16mm, sound, color, 18 min.

Explains all presently practiced methods of contraception; shows couples in consultation with doctors, discussing different methods.

AA3824

Available: Paramount Communications

**FAMILIAS PLANEADEAS II.  
PLANNED FAMILIES II**

Super 8, 16mm, sound color, 13 min.  
Discusses modern, medically approved birth control methods.

Available: Allend'or Productions

**PURPOSES OF FAMILY PLANNING**

AA3769. 16mm, sound, color, 15 min.  
Presents reasons for practicing family planning as real-life people learn about it.

Available: Paramount Communications

**RITMO  
RHYTHM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.  
Tells what the rhythm method is and discusses the unsafe period, the menstrual cycle, basic body temperature, and other related topics.

Available: Medcom/Trainex, Inc.

**THE IUD**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.  
Presents this birth control method in detail, using color photography and graphics to describe the way in which the IUD prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**LA PILDORA  
THE PILL**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.  
Describes the way in which the pill prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**EL CONDOM  
THE CONDOM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.  
Explores this birth control method in detail. Color photography and graphics describe the way in which the condom prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**THE THIRD TRIMESTER-THREE  
MONTHS TO MOTHERHOOD**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Review's the first six months of pregnancy and the baby's development during the seventh month. Outlines physical changes experienced by the mother, including signs of pending labor. Presents the differences between false labor and true labor, and the warning signs of complications during the seventh, eighth, and ninth months of pregnancy.

Available: Medcom/Trainex, Inc.

**EL DIAFRAGMA  
THE DIAPHRAGM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents this birth control method, using color photography and graphics to describe the way in which the diaphragm prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**LA FAMILIA PLANEADA  
THE PLANNED FAMILY**

14 minutes - filmstrip and audio cassette.

Presents the most basic facts about reproductive anatomy and birth control. Perfect for use with semi-literate and special education groups. Sent on 30-day approval. No previews.

#1127

Price: \$35.00

Available: Professional Research, Inc.

**LOS NIÑOS DE MAÑANA  
TOMORROW'S CHILDREN**

17 minutes - \$282.00 - #20

Compels viewers to consider the problem of overpopulation and the need for birth control and education. Viewers will confront the great responsibility of having a child. For each child is a part of the earth, and tomorrow's small child affects the whole works.

Available: Professional Research, Inc.

## **LIGADO DE TUBOS**

### ***TUBAL LIGATION***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which tubal ligation prevents pregnancy.

Available: Medcom/Trainex, Inc.

## **ENTENDIENDO LA PILDORA**

### ***UNDERSTANDING THE PILL***

8 1/2 minutes.

Describes how oral contraceptives work and provides directions for use and possible complications and limitations.

#1017

Price: \$295.00

Available: Professional Research, Inc.

## **EMBARAZO NO DESEADO**

### ***UNWANTED PREGNANCY***

Super 8, 8 and 16mm, sound, color, 9 min.

Reviews the alternatives available to a woman with an unwanted pregnancy, including adoption and abortion.

Available: Allendor Productions

## **VASECTOMIA**

### ***VASECTOMY***

16mm, Super 8mm, video tape, sound, color, 15 minutes.

Discusses reproduction and how vasectomy prevents conception; common misunderstandings, techniques, risks and benefits, and post-operative care.

Available: Professional Research, Inc.

## **VASECTOMIA**

### ***VASECTOMY***

16mm, 8mm, sound, color, 7 min.

Describes the male reproductive system and vasectomy surgery. Uses animation along with interviews of actual couples.

Available: Churchill Films

## **VASECTOMIA**

### ***VASECTOMY***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which a vasectomy prevents pregnancy.

Available: Medcom/Trainex, Inc. or Medfact, Inc.

## **VASECTOMIA**

### ***VASECTOMY***

Video tape, b/w, 20 min.

Features a group of men in Bogota, Columbia, who talk openly and enthusiastically about their vasectomies.

Available: Martha Stuart Communications, Inc.

## **ESTERILIZACIÓN TUBAL VOLUNTARIA**

### ***VOLUNTARY TUBAL STERILIZATION***

16mm, Super 8mm, video tape, sound, color, 14 minutes.

Discusses reproduction and how tubal sterilization prevents conception; laparoscopy and ligation methods; benefits and results.

#1002

Price: \$295.00

Available: Professional Research, Inc.,

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## FOOD SAFETY

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### **COMO CONTRARESTAR LA DESCOMPOSICIÓN DE ALIMENTOS**

#### ***FOODBORNE ILLNESS***

Brochure.

Provides safety tips on preventing food-borne illnesses when shopping, preparing, and storing foods.

Available: Food Safety & Inspection Service

### **ENFERMEDADES CAUSADAS POR ALIMENTOS CONTAMINADOS**

#### ***FOODBORNE ILLNESS***

Leaflet.

Explains how foods can cause disease; what some of these foodborne illnesses are; and ways to prevent them.

DHHS Pub. No. (FDA) 80-2044S

Available: Food Safety & Inspection Service

### **SEGURIDAD DE ALIMENTOS PARA LA FAMILIA-MANTENGA LA COMIDA CALIENTE, FRIA, LIMPIA *FOOD SAFETY FOR THE FAMILY-KEEP FOOD HOT, COLD, CLEAN***

Leaflet.

Explains how to prevent food poisoning at home. Includes a quick reference chart showing recommended cooking temperatures and safe storage periods for meat and poultry products.

Available: Food Safety & Inspection Service

### **CARNES SIN NITRATO: MANEJENSE CON CUIDADO *NO NITRITE MEATS: HANDLE CAREFULLY***

Brochure.

Contains tips on safe handling of uncured (nitrite-free) hot dogs, bacon, salami, and similar products.

Available: Food Safety & Inspection Service

### **SEGURIDAD EN ALMUERZOS EN BOISAS DE PAPEL**

#### ***SAFE BROWN BAG LUNCHES***

Brochure.

Shows how to pack a lunch safely to avoid bacterial food poisoning.

Available: Food Safety & Inspection Service

### **SEGURIDAD DE COMIDA EN EL VERANO**

#### ***SAFE HANDLING TIPS FOR MEAT AND POULTRY***

Brochure.

Suggests ways to avoid spoiled foods in summer outdoor cooking, and how to preserve leftovers; includes symptoms of foodborne illnesses and safe shopping tips.

Available: Food Safety & Inspection Service

### **NORMAS PARA PRODUCTOS DE CARNE Y AVE GUIA PARA EL CONSUMIDOR**

#### ***STANDARDS ON MEAT AND POULTRY LABELING***

Brochure.

Presents a listing of meat and poultry terms used in labeling food products, based on USDA guidelines by percentage of meat content and other ingredients.

Available: Food Safety & Inspection Service

### **SEGURIDAD DE COMIDA EN EL VERANO**

#### ***SUMMERTIME FOOD SAFETY***

Leaflet.

Tells how to handle meat and poultry when making the switch from kitchen to outdoor cookery.

Available: Food Safety & Inspection Service

## **PARA COCINAR CARNES**

### ***WHEN COOKING MEAT***

Brochure.

Recommends minimum USDA interval temperatures for meat and poultry when cooked, and includes a wall chart for institutional use.

**Available: Food Safety & Inspection Service**

## **AUDIOVISUAL AIDS**

### **COMIDA SANA**

#### ***SAFE FOODS***

16mm, sound, color, 9 min.

Demonstrates methods migrant families can use in cooking, serving, and storing food under damp conditions. Indicates how sound food practices help keep workers well and how poor ones lead to illness, as well as attracting flies, roaches, and rats.

**Available: National Audio Visual Center**



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## GENERAL HEALTH EDUCATION

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### **LO QUE TODO EL MUNDO DEBE SABER SOBRE LA SALUBRIDAD *ABOUT WELLNESS***

12674 - 14977 - 2433C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **EN EL HOSPITAL - LIBRO PARA COLOREAR**

*AT THE HOSPITAL*

Coloring Book.

54031 - 54320 - 2546C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **IMPEDIMENTOS DE SALUD *BARRIERS TO HEALTH***

Available: Texas Dept. of Human Resources

### **SANGRE *BLOOD***

High School Reading Level.

This pamphlet orients the public to: blood, the circulatory system, types of blood transfusion, bloodbank, and the relation between good nutrition and the physical condition of the person who donates blood.

Available: Departamento de Instruccion Publica

### **ENGLISH-SPANISH/QUICK REFERENCE OF MEDICAL TERMS**

Adult Reading Level.

This booklet has been prepared with the idea of helping Spanish-speaking people establish a better communication whenever they find themselves in a medical situation. At the same time it could help the English-speaking person to understand the Spanish person.

Available: Pennsylvania Dept. of Community Affairs

### **DIETA Y EJERCICIO. UNA BUENA FUJA PARA LA SALUD *DIET AND EXERCISE***

Available: Yakima Valley Farm Workers Clinic

### **INFORMACIÓN GENERAL ACERCA DEL USO DE LAS MEDICINAS**

*GENERAL INFORMATION ABOUT  
USING MEDICINES*

Available: U. S. Pharmacopeial Convention, Inc.

### **SOBRE LA BUENA SALUD - UN LIBRO DE ACTIVIDADES PARA COLOREAR**

*GOOD HEALTH*

Coloring Book.

54114 - 54510 - 2511C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **LA SALUD *HEALTH***

Sixth Grade Reading Level.

This hand-out helps parents identify changes in a child's behavior, body or attitude so a clinic may be better able to identify health problems.

Available: Intercultural Development Research Association

### **¡HOLA NIÑOS! A COLOREAR ESTA TARJETA QUE DICE: ¡SIGAN GOZANDO DE BUENA SALUD!**

*GOOD HEALTH COLORING BOOK*

Available: U. S. Dept. of Health & Human Services

### **COMO MANTENER SANO A SU NIÑO**

*HEALTHY CHILD*

14290 - 14555 - 2806C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**MANTENGAMOS UNA BUENA SALUD**

**HEALTH STYLE: A SELF TEST**

Publication No. (PHS) 81-50152

Price: Free in limited quantities.

Available: National Health Information Clearinghouse or U.S. Dept. of Health and Human Services

**COMO TOMAR LA TEMPERATURA  
HOW TO TAKE THE TEMPERATURE**

Available: Yakima Valley Farm Workers Clinic

**COMO TOMARLE LA TEMPERATURA A UN NIÑO  
HOW TO TAKE A CHILD'S TEMPERATURE**

Available: McNeil Consumer Products Company

**LO QUÉ USTED DEBE SABER  
SOBRE EL CONTROL DE INFECCIONES**

**INFECTION CONTROL**

12286 - 12989 - 2721E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LIFESTYLE AND HEALTH**

Adult Reading Level.

Provides basic information about the relationship between lifestyle and health and offers suggestions on how to lead discussion groups on this subject. Offers basic information about six subjects related to lifestyle and health: how to achieve optimum health, eating habits and health, physical fitness and health, hypertension as a risk factor, stress management and the individual's responsibility toward his/her own health.

Available: Departamento de Salud, Puerto Rico

**MIGRANT EDUCATION HEALTH CURRICULUM OUTLINE**

Grades 1-3 Grades 4-6 - Communicable Diseases.

Curriculum Unit - Teachers Manual, Student Booklet - (Level I Grades 1,2,3 Level II Grades 4,5,6)

Daily personal hygiene practices, proper nutrition, and infectious diseases.

Price: Teachers Manual \$3.25 each; Student

Booklet \$2.25 each; Less 10% on orders over \$150.00.

Available: National Health Information Clearinghouse

**SOBRE LA HIGIENE PERSONAL  
PERSONAL HYGIENE**

12666 - 14910 - 2406D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**¿QUE PASO?**

**WHAT HAPPENED?**

High School Reading Level.

This booklet was written to facilitate better communication between health care providers and Hispanic patients. It is a bilingual guide to questions most frequently asked by physicians and health care providers in a clinical situation.

Available: University of New Mexico Press

**ENTENDER SU RECETA MEDICA  
UNDERSTAND YOUR PRESCRIPTION**

12591 - 15974 - 2379D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CUANDO SU NIÑO TIENE FIEBRE  
WHEN YOUR CHILD HAS A FEVER**

Adult Reading Level.

This booklet, (written by Sumner Haffe, M.D., Professor of Pediatrics and Pharmacology at The Children's Hospital of Philadelphia), is a complete guide to answering questions about childhood fever. It touches on what is a fever, the causes of a fever, how to take a temperature, and what should be done for a child with a fever.

Available: McNeil Consumer Products Company

**AUDIOVISUAL AIDS**

**CUIDADO DE ENYESADURAS  
CAST CARE**

17 1/2 minutes.

Instructions for easier bathing, walking, sleeping, exercise, and driving. Itching, irritation and warning signals are also discussed.

#9002

Price: \$295.00

Available: Professional Research, Inc.

**MAREOS**  
**DIZZINESS**

14 minutes.

Discusses the major causes of dizziness and methods that help relieve symptoms.

#3301

Price: \$295.00

Available: Professional Research, Inc.

**HOW TO CATCH A COLD**

16mm, sound, color. 10 minutes.

Shows how people catch colds and what the person should and should not do.

Available: Coronet/MTI Film & Video

**DOLOR DE CUELLO**  
**NECK PAIN**

18 minutes.

Causes of neck pain are explained as well as treatment methods such as rest, traction, neck collars, and exercises.

#9004

Price: \$295.00

Available: Professional Research, Inc.

**ENFERMEDAD PULMONAR**  
**OBSTRUCTIVA**  
**OBSTRUCTIVE LUNG DISEASE**

17 1/2 minutes.

Explains the illnesses which cause chronic lung obstruction and reviews ways to guard against lung irritation and infection.

#2708

Price: \$295.00

Available: Professional Research, Inc.

**ULCERA PEPTICA**  
**PEPTIC ULCER**

15 1/2 minutes.

Reviews the factors associated with exacerbation and healing of ulcers. Explains the patient's role in therapy, including medication, rest, and current dietary concepts.

#2711

Price: \$295.00

Available: Professional Research, Inc.

**INFECCIÓN DE LAS VIAS**  
**URINARIAS**  
**URINARY TRACT INFECTION**

16 1/2 minutes.

Facts and fallacies about how infections develop. Discusses symptoms, medical treatment, and long-term care.

#6004

Price: \$295.00

Available: Professional Research, Inc.

**CALCULOS RENALES**  
**URINARY CALCULI**

14 minutes.

A comprehensive picture of causes, effects, and treatment of urinary stones. Outlines diagnosis, medical and surgical therapy, and long-term care.

#6002

Price: \$295.00

Available: Professional Research, Inc.

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## HANDICAPPING CONDITIONS

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### **UN NIÑO DESVENTAJADO EN SU CASA**

#### ***A HANDICAPPED CHILD IN YOUR HOME***

Booklet.

For parents who have a severely handicapped child at home. Describes problems, hardships, and rewards of caring for the handicapped child. DHEW Pub. No. (OHD) 30048.

Available: U. S. Government Printing Office

### ***BRIGHT PROMISE...FOR YOUR CHILD WITH CLEFT LIP AND CLEFT PALATE***

Booklet.

Answers questions and gives reassurance that, with the quality of treatment now generally available, the outlook for children with clefts is bright.

Available: National Easter Seal Society

### **SUGERENCIAS UTILES PARA LAS PERSONAS CON IMPEDIMENTOS *HANDY HELPFUL HINTS FOR THE HANDICAPPED***

Booklet.

Presents practical ideas for everyday living developed and shared by a man who "came back" from a stroke.

A-287.

Available: National Easter Seal Society

### **COMO AYUDAR A LAS PERSONAS CON IMPEDIMENTOS A LIMPIAR LOS DIENTES**

#### ***HELPING PERSONS WITH HANDICAPS CLEAN THEIR TEETH***

Leaflet.

Outlines the methods and equipment suggested for best assisting persons with handicaps in cleaning their teeth.

A-286.

Available: National Easter Seal Society

### **ATENCIÓN PADRES: ¿SABEN USTEDES CUALES SON LAS PRIMERAS SENALES DE AVISO QUE VIENEN DE LOS NIÑOS QUE REQUIEREN ATENCIÓN ESPECIAL?**

#### ***PARENTS: DO YOU KNOW THE EARLY WARNING SIGNS OF CHILDREN WITH SPECIAL NEEDS?***

Leaflet.

Discusses warning signs of future physical or mental handicaps that can be corrected if parents recognize the symptoms when the child is still young.

PR-31S.

Available: National Easter Seal Society

### **COSAS QUE TENER PRESENTE...AL ENCONTRARSE CON UNA PERSONA QUE TIENE IMPEDIMENTO**

#### ***POINTS TO REMEMBER...WHEN YOU MEET A PERSON WHO HAS A DISABILITY***

Fact Sheet.

Lists for the non-handicapped how to avoid feeling uncomfortable if dealing with a handicapped person.

A-209.

Available: National Easter Seal Society

### **AUDIOVISUAL AIDS**

#### ***A DAY IN THE LIFE OF BONNIE CONSOLO***

16mm, sound, color, 16 1/2 minutes.

Follows the daily routine and philosophy of a woman born without arms.

Available: Barr Films

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## HEALTH FOR OLDER PERSONS

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*The following set of 25 articles is available through the National Association for Hispanic Elderly (Asociacion Nacional Por Personas Mayores) for \$5.*

**LOS ACCIDENTES Y LOS ANCIANOS**  
*ACCIDENTS AND THE ELDERLY*

**LA EDAD Y EL ABUSO DEL ALCOHOL**  
*AGING AND ALCOHOL ABUSE*

**LAS DROGAS Y LA EDAD**  
*AGING AND DRUGS*

**SUS OJOS Y LA EDAD**  
*AGING AND YOUR EYES*

**LA DIGESTION Y LA EDAD**  
*AGING AND DIGESTION*

**CONSEJOS PARA LA ARTRITIS**  
*ARTHRITIS ADVICE*

**VERDADES SOBRE EL CANCER PARA LOS MAYORES DE 50**  
*CANCER FACTS FOR PEOPLE OVER 50*

**EL CRIMEN Y LA GENTE DE EDAD**  
*CRIME AND THE ELDERLY*

**SUPLEMENTOS DIETETICOS: MÁS NO ES SIEMPRE LO MEJOR**  
*DIETARY SUPPLEMENTS: MORE IS NOT ALWAYS BETTER*

**ENCONTRAR EL MEJOR TRATAMIENTO MEDICO PARA LOS ANCIANOS**  
*FINDING GOOD MEDICAL CARE FOR OLDER AMERICANS*

**ALIMENTACIÓN: COMO MANTENERSE SALUDABLE DESPUES DE LOS 65**  
*FOOD: STAYING HEALTHY AFTER 65*

**EL CUIDADO DE LOS PIES PARA LAS PERSONAS MAYORES**  
*FOOT CARE FOR OLDER PEOPLE*

**EL OIDO Y LAS PERSONAS MAYORES**  
*HEARING AND THE ELDERLY*

**EL CALOR, EL FRIO, Y LA VEJEZ**  
*HEAT, COLD, AND BEING OLD*

**PRESIÓN ALTA DE LA SANGRE: COMUN PERO CONTROLABLE**  
*HIGH BLOOD PRESSURE: A COMMON BUT CONTROLLABLE DISORDER*

**COMO HACER FRENTE A LA DIABETES**  
*HOW TO COPE WITH DIABETES*

**COMO HACERLE FRENTE A LA  
ARTRITIS**

*HOW TO COPE WITH ARTHRITIS*

**LA OSTEOPOROSIS Y LA EDAD  
OSTEOPOROSIS AND AGING**

**PROBLEMAS DE LA PROSTATA  
PROSTATE PROBLEMS**

**EL USO SEGURO DE LOS  
MEDICAMENTOS PARA LOS  
ANCIANOS**

*SAFE USE OF MEDICINES BY OLDER  
PEOPLE*

**“LA SENILIDA”: ¿MITO O  
DEMENCIA?**

*SENILITY: MYTH OR MADNESS?*

**LA SEXUALIDAD EN LA VIDA DE  
LAS PERSONAS MAYORES**

*SEXUALITY IN LATER LIFE*

**LA PROTECCIÓN DE LA PIEL**

*SKIN: GETTING THE WRINKLES OUT  
OF AGING*

**EL CUIDADO DE LA DENTADURA**

*TAKING CARE OF YOUR TEETH*

**EL USO DE LAS ETIQUETAS;  
COMO PROTEGERSE DE LA  
INTERACCIÓN DE LAS DROGAS**

*USING LABELS; PROTECTING  
YOURSELF FROM DRUG  
INTERACTION*

**QUÉ HACER CUANDO TENEMOS  
INFLUENZA (FLU)**

*WHAT TO DO ABOUT FLU*

**CARTA DE SALUD DEESTAR  
PERDIENDO EL OIDO**

*HEARING LOSS*

Adult Reading Level.

Describes warning signs of hearing loss. Discusses when immediate action is needed on how to protect one's hearing.

Available: El Proyecto de Education de la Salud

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## HEARING

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### **CONSEJOS: LO QUE DEBEN Y NO DEBEN DE HACER LOS PADRES DE NIÑOS CON PROBLEMAS DEL OIDO**

#### ***DO'S AND DON'TS FOR PARENTS OF CHILDREN WITH HEARING PROBLEMS***

Leaflet.

Lists how parents should treat or should not treat a hearing-impaired child.

A-248.

Available: National Easter Seal Society

### **PERDIENDO EL OÍDO HEARING LOSS**

Adult Reading Level.

Describes warning signs of hearing loss. Discusses when immediate action is needed on how to protect one's hearing.

Available: Santa Fe Health Education Project

## **AUDIOVISUAL AIDS**

### **MAREOS DIZZINESS**

16mm, Super 8, video tape, sound, color, 14 minutes.

Details how the systems of balance function in health and disease; causes of dizziness, treatment methods, results and adjustments.

Available: Professional Research, Inc.

### **EAR SURGERY**

16mm, Super 8mm, video tape, sound, color, 16 minutes.

Presents the anatomy and function of the ear; types of hearing loss; otosclerosis, tympanoplasty, stapedectomy and home care.

Available: Professional Research, Inc.

### **HEARING AND NOISE**

16mm, sound, color, 16 minutes.

Shows the relationship between exposure to high noise levels and hearing loss, the frustrations arising from hearing impairment, and the hazards which can result.

AA3873.

Available: Paramount Communications

### **INFECCIONES DEL OIDO MEDIO MIDDLE EAR INFECTIONS**

11 minutes.

Examines causes and treatment of middle ear infections and fluid in the ear. Includes information on surgery, medications, and home care.

#3003

Price: \$295.00

Available: Professional Research, Inc.

### **SORDERO DEL NERVO NERVE DEAFNESS**

16mm, Super 8mm, video tape, sound, color, 16 1/2 minutes.

Explains auditory functions and causes of nerve deafness; tinnitus, hearing aid, speech, reading, and coping with hearing loss.

Available: Professional Research, Inc.

### **YOU - AND YOUR EARS**

16mm, sound, color, 8 minutes.

Describes the eardrum, other ear parts, and how ears help keep balance. Gives rules for proper ear care.

Available: Coronet/MTI Film & Video

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## HEMOPHILIA

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**CUIDADO COMPRESIVO PARA LA  
PERSONA CON HEMOFILIA**  
*COMPREHENSIVE CARE FOR THE  
PERSON WITH HEMOPHILIA*

Pamphlet.

Describes care for the hemophiliac.

EX-112.

Available: Cutter Laboratories

**TERAPIA FISICA EN LA HEMOFILIA**  
*PHYSICIAN THERAPY FOR  
HEMOPHILIA*

Pamphlet.

Discusses the treatment of this disease.

EX-110.

Available: Cutter Laboratories

**SU NIÑO Y LA HEMOFILIA: UN  
MANUAL PARA LOS PADRES**  
*YOUR CHILD AND HEMOPHILIA: A  
MANUAL FOR PARENTS*

Booklet.

Contains information on hemophilia and care of  
the child with hemophilia.

EX-111.

Available: Cutter Laboratories



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## HEPATITIS

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### *HEPATITIS*

Adult Reading Level.

This pamphlet provides information about the meaning of the term "*Hepatitis*". It also provides information about the symptoms, treatment and prevention of this illness.

Available: School Health Program

### **DATOS ACERCA DE HEPATITIS** **INFORMATION ABOUT HEPATITIS**

Available: San Diego County Department of  
Health Services

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## HOSPITALIZATION

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### **CUANDO SU NINO VA AL HOSPITAL-UN MENSAJE DE FRED ROGERS**

#### ***WHEN YOUR CHILD GOES TO THE HOSPITAL***

Adult Reading Level.

Written and illustrated by Fred Rogers to help encourage communication between adults and children, this illustrated booklet reflects his unique blend of information and reassurance.

Children's fears and fantasies about what might happen during a hospital stay are often more frightening than what actually will happen there. In the booklet, Fred Rogers suggests ways in which parents can help their children as they prepare for hospitalization.

Price: Single copy no charge

2-49 copies @ .50 each

50 copies @ \$7.50

100 copies @ \$15.00.

Available: Family Communications

### **SU ESTANCIA EN EL HOSPITAL YOUR STAY IN THE HOSPITAL**

16mm, Super 8mm, video tape, sound, color,  
9 1/2 minutes.

Discusses hospital rules, policies, and organization; meal planning and special diets; and the patient's role.

#2603

Price: \$295.00

Available: Professional Research, Inc.

## **AUDIOVISUAL AIDS**

### ***BED BATH***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Though intended for the hospital worker as are many of Trainex Corporation's programs, this might prove helpful for friends and relatives of bedridden patients. Guides the person through each of the steps in giving the bedridden patient a bed bath. Also covers mouth care, shaving, and back rub.

Available: Medcom/Trainex, Inc.

### ***UNDERSTANDING YOUR ANESTHESIA***

16mm, Super 8mm, video tape, sound, color,  
8 minutes.

Features preoperative preparation, choice of anesthesia, role of anesthesiologist, and post-operative care.

Available: Professional Research, Inc.

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## HYPERTENSION

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**RECOMENDACIONES  
ALIMENTICIAS PARA  
HIPERTENSOS (PRESION ALTA)  
DIETARY RECOMMENDATIONS FOR  
HYPERTENSION**

Available: Concilio de Salud Integral de Loiza

**LA PRESION ARTERIAL ALTA,  
FICCION Y VERDAD  
HIGH BLOOD PRESSURE: FICTION  
AND TRUTH**

High School Reading Level.

This leaflet outlines common misconceptions about high blood pressure and facts to encourage people to seek proper medical attention. There is also an explanation of the significance of the numerals used to describe blood pressure.

Available: Nebraska State Department of Health

**ALTA PRESION ARTERIAL  
HIGH BLOOD PRESSURE**

Available: American Heart Association

**ALTA PRESION DE LA SANGRE.  
LO QUE USTED Y SU FAMILIA  
DEBEN SABER**

*HIGH BLOOD PRESSURE*

Available: Department of Health & Human Services

**LA ALTA TENSION ARTERIAL ES  
PELIGROSA**

*HIGH BLOOD PRESSURE IS  
DANGEROUS*

Available: City of Houston Dept. of Health

**LA PRESION ARTERIAL ALTA ES  
UN PROBLEMA SERIO**

*HIGH BLOOD PRESSURE IS A  
SERIOUS PROBLEM*

Available: Smith Kline & French Company

**LA VIDA CON LA HIPERTENSION  
LIVING WITH HYPERTENSION**

Available: Merck Sharp & Dohme

**ESTA ES SU PRESION ARTERIAL  
THIS IS YOUR BLOOD PRESSURE**

Available: CIBA Information Services

**VERDAD Y FICCION SOBRE LA  
PRESION ARTERIAL ALTA  
TRUTH AND FICTION ABOUT HIGH  
BLOOD PRESSURE**

Available: Department of Health & Human Services

**QUE COSA ES LA PRESION  
ARTERIAL ALTA?**

*WHAT CAUSES HIGH BLOOD  
PRESSURE*

Available: Concilio de Salud Integral de Loiza

### AUDIOVISUAL AIDS

**PRESION ALTA  
HIGH BLOOD PRESSURE**

18 minutes.

Describes essential hypertension and its consequences. Reviews the goals and benefits of treatment and how control can be gained with medications, diet, and other measures.

#2709

Price: \$295.00

Available: Professional Research, Inc.

**HIPERTENSION  
HYPERTENSION**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of hypertension; explains blood pressure and why control of hypertension is of extreme clinical importance.

Available: Medfact, Inc.

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## HUMAN ANATOMY

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### AUDIOVISUAL AIDS

#### **YO SOY JOSE**

##### *I AM JOE*

Series of four 25-minute, 16mm. sound films. Teaches the way the heart, lungs, stomach and spine function. The four films are "Yo Soy el Corazon de Juan" (*I Am Joe's Heart*), "Yo Soy el Pulmon de Juan" (*I Am Joe's Lung*), "Yo Soy el Estomago de Juan" (*I Am Joe's Stomach*), "Yo Soy la Columna Vertebral de Juan" (*I Am Joe's Spine*).

Available: Pyramid Film & Video, Inc.

#### **THE HUMAN REPRODUCTIVE SYSTEMS**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Illustrates the internal and external male and female reproductive organs in full color artwork; details the physiology of the hormone secretions that control these reproductive organs. Depicts the union of one sperm and one ovum.

Available: Medcom/Trainex, Inc.

#### **YOU-AND YOUR FIVE SENSES**

16mm, sound, color, 8 min.

Compares and explains man's five senses, drawing parallels and differences between man and animals.

Available: Coronet/MTI Film & Video

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## IMMUNIZATION

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### **¿ESTAN SUS HIJOS PROTEGIDOS CONTRA ESTAS ENFERMEDADES PELIGROSAS?**

*ARE YOUR CHILDREN PROTECTED  
AGAINST THOSE DANGEROUS  
DISEASES?*

Adult Reading Level.

This folder explains reasons to immunize. It tells what diseases can be protected against what they are and what they can cause. There is a chart showing the ages immunization should be given. It tells where children can be immunized.

Available: Arizona Department of Health  
Services

### **BACTERIAS: LAS CELULAS MÁS PEQUEÑAS**

*BACTERIA: THE LITTLEST CELLS*

Booklet.

Discusses in relatively simple language the nature of bacteria and man's defenses against it. DHEW Publ. No. (NIH) 74-549.

Available: National Institute of Allergy  
& Infectious Diseases

### **MADRE: TE FELICITAMOS CONGRATULATIONS MOTHER**

Adult Reading Level.

Congratulates mothers for the arrival of a new baby and stimulates them to immunize the baby against childhood diseases.

Available: Departamento de Salud

### **REGISTRO MÉDICO FAMILIAR FAMILY MEDICAL RECORD**

Chart.

Presents a simple, comprehensive form for keeping vital family health information. 9-0168.

Available: National Foundation/March of  
Dimes

### **¿HA RECIBIDO SU NIÑO TODAS LAS IMMUNIZACIONES IMPORTANTES?**

*HAVE YOUR CHILDREN RECEIVED  
ALL THE IMPORTANT  
IMMUNIZATIONS?*

Available: California Department of Health

### **NIÑOS SALUDABLES... CON SUS VACUNAS**

*HEALTHY CHILDREN...WITH THEIR  
IMMUNIZATIONS*

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **COMO PROTEGERLOS HOW TO PROTECT**

Adult Reading Level.

Describes immunization against diphtheria, whooping cough and tetanus and indicates immunization schedule.

Available: Departamento de Salud

### **IMMUNIZACIÓN**

*DESIGN FOR LIFE SERIES:*

*Immunization*

Leaflet.

Discusses the diseases deterred through immunization. Also provides an immunization schedule to record which immunizations have been received and when.

Available: Blue Cross/Blue Shield of  
Connecticut

### **¡A MI ME QUIERE! (VACUNAS) IMMUNIZATION**

Available: California Department of Health

### **IMMUNIZACIÓN: ¿QUIÉN LA NECESITA?**

*IMMUNIZATION: WHAT FOR?*

Available: American Academy of Pediatrics

**LA INMUNIZACIÓN NO ES SOLO  
COSA DE NIÑOS**

*IMMUNIZATION IS NOT ONLY FOR  
CHILDREN*

Available: Texas Department of Health

**¿QUIEN LAS NECESITA? ¡TODO  
EL MUNDO! (VACUNAS)**

*IMMUNIZATIONS*

Available: Illinois Dept. of Public Health

**PREVENCIÓN DE DEFECTOS  
CONGENITOS CAUSADOS POR  
RUBELLA**

*PREVENTING BIRTH DEFECTS  
CAUSED BY RUBELLA*

Leaflet.

Discusses the dangers and prevention of rubella.  
9-0138.

Available: National Foundation of March of  
Dimes

**PROTEJA TODO NIÑO;  
INMUNICELOS AHORA CONTRA  
ESTAS PELIGROSAS  
ENFERMEDADES DE LA NIÑEZ...**

*PROTECT ALL CHILDREN;  
IMMUNIZE THEM NOW AGAINST  
THESE DANGEROUS CHILDHOOD  
DISEASES*

Poster.

Available: Center for Disease Control

**PROTEJALOS DEL PELIGRO  
PROTECT FROM DANGER**

High School Reading Level.

This folder explains why each type of vaccination is very important for a child. A schedule for vaccination is included on the back of the folder.

Available: National Institute of Dental  
Research

**INYECCIONES PARA NIÑOS  
SHOTS FOR TOTS**

11551 - 12377 - 2453B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**DOS CLASES DE SARAMPIÓN;  
DOS VACUNAS PARA PREVENIRLO  
TWO TYPES OF MEASLES; TWO  
VACCINES TO PREVENT THEM**

Leaflet.

Gives brief facts on measles and German measles.

Available: United Cerebral Palsy Association

**VACUNAS E INMUNIZACIONES  
VACCINATIONS AND  
IMMUNIZATIONS**

Available: City of Houston - Department of  
Health

**LOS VIRUS: AL BORDE DE LA  
VIDA**

*VIRUSES: ON THE BORDER OF LIFE*

Booklet.

Gives detailed, non-technical information on  
what a virus is and how it operates.

DHEW Publ. No. (NIH) 74-550.

Available: National Institute of Allergy &  
Infectious Diseases

**AUDIOVISUAL AIDS**

**CHILDHOOD IMMUNIZATION**

33 1/3 rpm record with six radio spots on each  
side, two of which, *Escuche* (Listen) and  
*Miguelito*, are in Spanish.

Available: Center for Disease Control

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## IMPETIGO

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### **EL IMPETIGO Y SU NIÑO**

#### *IMPETIGO AND YOUR CHILD*

Available: City Of Houston Department of Health

### **QUE ES IMPETIGO**

#### *WHAT IS IMPETIGO*

Adult Reading Level.

This folder explains what impetigo is, how it begins and how to treat it.

Available: Texas Department of Health

## **AUDIOVISUAL AIDS**

### ***SPOT PREVENTION-MEASLES***

16mm, sound, color, 14 minutes.

Humorously shows the chase and capture of the measles "*germ*" and his "*conversion*" to protective vaccine. Promotes immunization against measles in children. Animated.

Available: National Audio Visual Center

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## INFANT CARE

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**ACERCA DE LA INTOLERANCIA  
DE SU BEBÉ A LA LECHE**  
*ABOUT YOUR BABY'S INTOLERANCE  
TO MILK*

Available: Ross Laboratories

**DESPUÉS DEL NACIMIENTO DEL  
NIÑO (GUÍA PARA LAS MADRES  
DURANTE LAS PRIMERAS  
SEMANAS DEL NACIMIENTO DEL  
BEBÉ**

*AFTER THE BIRTH OF YOUR BABY:  
GUIDE FOR MOTHERS DURING THE  
FIRST MONTHS AFTER BIRTH*

Available: Mead Johnson & Company

**LA LIMPIEZA DEL BEBÉ**  
*BATHING YOUR BABY*

Available: Johnson & Johnson

**EL CUIDADO DE SU BEBÉ**  
*DANGER TO YOUR BABY*

Available: U. S. Dept. of Health & Human  
Services

**CUIDADOS ELEMENTALES DEL  
BEBÉ**

Available: Johnson & Johnson

**PADRES POR VEZ PRIMERA**  
*FATHERS FOR THE FIRST TIME*

Available: Johnson & Johnson

**ALIMENTANDO A SU BEBÉ.  
DESDE EL NACIMIENTO HASTA  
LOS CUATRO MESES**  
*FEEDING YOUR BABY. FROM BIRTH  
UNTIL THE FIRST FOUR MONTHS*

Available: Florida WIC and Nutrition Services

**ALEMENTANDO A SU BEBÉ.  
DESDE LOS SIETE A LOS DOCE  
MESES**  
*FEEDING YOUR BABY. FROM SIX TO  
TWELVE MONTHS*

Available: Florida WIC and Nutrition Services

**ALIMENTANDO A SU NUEVO  
BEBÉ DURANTE LA INFANCIA**  
*FEEDING YOUR NEW BABY DURING  
INFANCY*

Available: Florida WIC and Nutrition Services

**ALIMENTOS PARA EL PRIMER  
AÑO DEL BEBÉ**  
*FOOD FOR YOUR BABY'S FIRST YEAR*  
Available: Florida WIC and Nutrition Services

**FORMULAS. NUTRICIÓN PARA  
UN BEBÉ FELIZ Y SANO**  
*FORMULAS. NUTRITION FOR A  
HAPPY AND HEALTHY BABY*

Available: City of Houston Dept. of Health

**COMO ALIMENTAR A SU BEBÉ DE  
LOS CUATRO A LOS DOCE  
MESES DE EDAD**

*HOW TO FEED YOUR BABY FROM  
FOUR TO TWELVE MONTHS OF AGE*

Available: Los Angeles County Health  
Department

**COMO ALIMENTAR A SU BEBÉ  
DESDE EL DÍA DE SU  
NACIMIENTO A LOS TRES MESES  
(ALIMENTO DE FORMULA)**  
*HOW TO FEED YOUR BABY FROM  
BIRTH TO THREE MONTHS*

Available: Los Angeles County Health  
Department



**HABRA UN NUEVO BEBÉ EN SU CASA**

*HAVING A NEW BABY IN YOUR HOUSE*

Available: Ross Laboratories

**COMO PREPARAR LA FORMULA DE SU BEBÉ**

*HOW TO PREPARE FORMULA FOR YOUR BABY*

Available: Ross Laboratories

**COMO PREPARAR LA FORMULA DE SU BEBÉ. COMPRE ENFAMIL CON HIERRO CONCENTRADO (LATA AMARILLA)**

*HOW TO PREPARE FORMULA FOR YOUR BABY*

Available: Mead Johnson & Company

**COMO ALIMENTAR A SU BEBÉ...EL PRIMER AÑO. UNA GUÍA VALIOSA PARA LAS NECESIDADES NUTRICIONALES DEL NIÑO**

*HOW TO FEED YOUR BABY... THE FIRST YEAR*

Available: Mead Johnson & Company

**EL CRECIMIENTO DE SU BEBÉ (LADO 1) COMO BAÑAR AL BEBITO (LADO 2)**

*HOW TO BATHE YOUR BABY*

Available: Johnson & Johnson

**COMO BAÑAR A SU BEBÉ**

*HOW TO BATHE YOUR BABY*

8-1/2 x 11 inches - 2 sides.

Available: Ross Laboratories

**INFANTES**

*INFANTS*

3-1/2 x 8-1/2 inches - 8 pages.

Available: Texas Department of Human Resources

**INFANT FEEDING GUIDE**

Sixth Grade Reading Level.

This folder explains, through pictures, what to feed a baby from birth to five.

Available: Texas Department of Health

**¿NECESITA USTED HIERRO? ¡COMALO!**

*IRON*

Available: Florida WIC and Nutrition Services

**CONOCIENDO A SU RECIEN NACIDO**

*KNOWING YOUR NEWBORN*

Available: Johnson & Johnson

**LOS PROCESOS DEL DESARROLLO INICIAL**

Available: Ross Laboratories

**UN PLAN DE ALIMENTO PARA SU BEBÉ**

*NUTRITION PLAN FOR YOUR BABY*

Adult Reading Level.

This booklet reviews a child's nutritional needs from birth to 12 months. A complete list of recommended foods is provided.

Available: Texas Department of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE LOS PRIMEROS MESES**

*NUTRITION FOR A HAPPY AND HEALTHY BABY*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE CUATRO A SEIS MESES**

*NUTRITION FOR A HEALTHY AND HAPPY BABY./ FROM FOUR TO SIX MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ  
FELIZ Y SANO. DE SIETE A OCHO  
MESES**

*NUTRITION FOR A HEALTHY AND  
HAPPY BABY. FROM SIX TO EIGHT  
MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ  
Y SANO. DE NUEVE A DOCE  
MESES**

*NUTRITION FOR A HEALTHY AND  
HAPPY BABY. FROM NINE TO  
TWELVE MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ  
Y SANO. LOS CUATRO  
PRIMEROS MESES**

*NUTRITION FOR A HEALTHY AND  
HAPPY BABY. THE FIRST FOUR  
MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN DE SU BEBÉ  
DURANTE EL PRIMER AÑO DE  
VIDA**

*NUTRITION FOR YOUR BABY  
DURING THE FIRST YEAR OF LIFE*

Available: Mead Johnson & Company

**PROTEJA A SU  
NIÑO...(ENFERMEDADES DE LA  
INFANCIA)**

*PROTECTING YOUR CHILD...INFANT  
DISEASES*

Available: U. S. Dept. of Health & Human  
Services

**EL LIBRO DEL BEBÉ. UTIL  
MANUAL DE INFORMACIÓN  
GENERAL**

*THE BABY BOOK - GENERAL  
INFORMATION MANUAL*

Available: Gerber Products Company

**LOS PRIMEROS DOCE MESES.  
GUÍA DE ALIMENTACIÓN INFANTIL**

*THE FIRST TWELVE MONTHS.  
GUIDE TO INFANT NUTRITION*

Available: California Dept. of Health Services

**EL PRIMER AÑO DE VIDA DE SU  
BEBÉ**

*THE FIRST YEAR OF LIFE*

Available: U. S. Dept. of Health & Human  
Services

**¿COMO PUEDO SABER CUANDO  
MI NIÑO ESTA ENFERMO?**

*WHAT SHOULD I DO WHEN MY  
BABY'S SICK?*

Available: City of Houston Dept. of Health

**CUANDO SU NIÑO TIENE FIEBRE  
WHEN YOUR CHILD HAS FEVER**

Available: McNeil Consumer Products  
Company

**LA FORMULA DE SU BEBÉ. LA  
LACTANCIA DE SU BEBÉ. COMO  
BAÑAR AL BEBE. EL NOMBRE DE  
SU BEBÉ**

*YOUR BABY'S FORMULA -  
BREASTFEEDING YOUR BABY: HOW  
TO BATHE YOUR OWN BABY:  
NAMING YOUR BABY*

Available: Carnation Company

**LIBRO PARA EL CUIDADO DEL  
BEBÉ**

*TAKING CARE OF YOUR NEWBORN*

Booklet - 8 x 11 inches - 49 pages.

Available: Wyeth Ayerst Laboratories

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## INFECTIOUS DISEASES

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### **BACTERIAS - LAS CELULAS MAS PEQUENAS**

#### **BACTERIA - THE LITTLEST CELLS**

Explains bacterial structure, reproductive mode, pathogenicity, and current research; includes a glossary.

Publication Number (NIH) 74-549.

Price: up to 25 copies for nonprofit organizations free.

Available: National Institute of Allergy & Infectious Diseases

### **HEPATITIS**

14985 - 37192

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **LOS VIRUS AL BORDE DE LA VIDA VIRUSES ON THE BORDER OF LIFE**

Provides information on certain viruses, causes, and natural defenses; includes a glossary.

Publication Number (NIH) 74-550

Price: up to 25 copies for nonprofit organizations free.

Available: National Institute of Allergy & Infectious Diseases

## **AUDIOVISUAL AIDS**

### **SALUD...ENFERMEDADES CONTAGIOSAS**

#### **HEALTH...COMMUNICABLE DISEASES**

16mm, sound, color, 11 minutes.

Explains the dangers of germs and how to combat them to avoid getting sick. Animated germs show how they can cause colds, flu, and other common diseases.

Available: Inter-American Safety Council

### **SALUD, HIGIENE PERSONAL HEALTH, PERSONAL CLEANLINESS**

16mm, sound, color, 11 min.

Illustrates the relationship of cleanliness to health by showing cleanliness procedures followed by astronauts. Discusses ways and reasons to keep clean.

Available: Inter-American Safety Council

### **HOW DISEASE TRAVELS**

16mm, sound, color, 10 minutes.

Uses animation to show how disease microbes are spread by water, flies, and person-to-person contact.

Available: National Audio Visual Center

### **INSECTS AS CARRIERS OF DISEASE**

16mm, sound, color, 9 minutes.

Shows the fly, mosquito, and louse as carriers of dysentery, malaria, and typhus. Illustrates how these insects spread disease and what everybody should do to get rid of them. Animated.

Available: National Audio Visual Center

### **KEEP CLEAN-STAY WELL**

16mm, sound, color, 9 minutes.

Demonstrates how workers can carry out personal cleanliness in camps. Shows relationship between keeping clean and keeping well. Intended to promote discussion of health in camps, and responsibility of each group of workers, growers, etc.

Available: National Audio Visual Center

### **MEDICAL ASEPSIS**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Though intended for hospital workers, may prove useful with relatives and friends of patients at home. Illustrates and explains what microorganisms are, how they grow and multiply, how they are transported, and how they enter the body. Demonstrates how to control their growth and spread and explains the importance of personal grooming and proper hand washing to minimize the spread of germs.

Available: Medcom/Trainex, Inc.

### **PROTECTING THE FAMILY MEMBERS FROM GERMS AND INFECTION**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Provides a definition of microorganisms. Discusses the difference between harmless and harmful microorganisms, and the conditions required for the growth of microorganisms.

Available: Medcom/Trainex, Inc.

**March, 1989**

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***TICKS AND TICK-BORNE DISEASE***

16mm, sound, color, 19 minutes.

Discusses ticks and their importance in transmitting diseases. The biology of ticks and how to control them is considered.

**Available: National Audio Visual Center**

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## LEAD POISONING

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**PUEDE SER QUE ESTEN**

**COMIENDO VENENO**

*LEAD POISONING IS A VERY*

*SERIOUS ILLNESS*

Gives sources of lead poisoning and how to  
identify it.

Available: Pennsylvania Department of Health

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## LEUKEMIA

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### **LEUCEMIA INFANTIL: FOLLETO PARA LOS PADRES**

*CHILDHOOD LEUKEMIA:  
PAMPHLET FOR PARENTS*

Pamphlet.

Discusses childhood leukemia, its treatment, the child's reaction, hospitalization, and handling the child.

DHEW Publ. No. (NIH) 76-368.

Available: National Cancer Institute

### **HECHOS SOBRE LEUCEMIA SOCIEDAD DE AMERICA, INC.**

*FACTS ABOUT THE LEUKEMIA  
SOCIETY OF AMERICA, INC.)*

Explains the disease and the Society's programs to combat it.

Available: Leukemia Society of America

### **PROGRAMA DE AYUDA PARA PACIENTES**

*PATIENT-AID PROGRAM*

Provides information on financial assistance to leukemia patients.

Available: Leukemia Society of America

### **LO QUE TODOS DEBEN SABER SOBRE LA LEUCEMIA**

*WHAT EVERYONE SHOULD KNOW  
ABOUT LEUKEMIA*

Explains what leukemia is, the main types of the disease as well as the lesser-known types, and the forms leukemia takes in the body; describes also symptoms and treatments.

Available: Leukemia Society of America

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## LICE

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### **ACERCA DE LOS PIOJOS DE LA CABEZA**

#### ***ABOUT HEAD LICE***

High School Reading Level.

Defines head lice, how they live and how they spread. Provides information on symptoms and treatments.

Available: Reed & Carnrick

### **PREGUNTAS Y RESPUESTAS**

### **ACERCA DE LOS PIOJOS DE CABEZA**

#### ***QUESTIONS AND ANSWERS ABOUT LICE***

Available: Reed & Carnrick

### **INSTRUCCIONES PARA EL CONTROL DE PIOJOS EN SU CASA**

#### ***INSTRUCTIONS FOR THE CONTROL OF HEAD LICE***

Available: Texas Department of Health

#### ***LICE***

Information Kit.

This kit gives information on control of lice infestations. It outlines individual treatment, home control measures, and school control measures. Instructions for parents are included to be sent home with the child if lice have been found.

Available: Pfizer, Inc.

### **LO QUE TODO EL MUNDO DEBE SABER ACERCA DE LOS PIOJOS DE CABEZA Y COMO SACARSELOS**

#### ***LICE***

Available: Reed & Carnrick

### **LOS PIOJOS DE LA CABEZA. (QUE SON Y QUE HACER PARA COMBATIRLOS)**

#### ***LICE***

Available: San Diego County Health Services

### **¡PIOJOS! (PEDICULOSIS) CONOCELOS, DESCUBRELOS Y ATACALOS**

#### ***LICE***

Available: Concilio de Salud Integral de Loiza

March, 1989

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## LUPUS ERYTHEMATOSUS

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### **LUPUS ERITEMATOSO**

#### ***LUPUS ERYTHEMATOSUS***

Provides definition, types, causes, symptoms,  
diagnosis and frequency of lupus erythematosus

Available: **American Lupus Society**



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## MATERNAL & CHILD HEALTH

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*More than 30 titles are available in Spanish from La Leche League on maternal and child health topics, seven of which are annotated below. A publications list is available free from the League. Bulk ordering information is as follows: 20 percent discount/10-100 copies; 30 percent discount/100-500; 40 percent discount/500+. Available: La Leche League International*

**¿ESTAS PERDIENDO TU LECHE?  
ARE YOU LOSING YOUR MILK?**  
Available: La Leche League International

**LIBRO PARA EL CUIDDO DEL  
BEBÉ**  
*BABY CARE BOOK*  
Booklet - 8 x 11 inches - 49 pages.  
Available: Wyeth Ayerst Laboratories

**¿PENSANDO EN EL BEBÉ?  
¿PIENSE EN DAR EL PECHO?**  
*BREASTFEEDING*  
Available: Texas Department of Health

**DAR (EL) PECHO, EL MEJOR  
COMIENZO PARA SU BEBÉ**  
*BREASTFEEDING*  
Available: Baylor College of Medicine

**LACTANCIA MATERNA. ALGUNAS  
PREGUNTAS Y RESPUESTAS**  
*BREASTFEEDING: SOME  
QUESTIONS AND ANSWERS*  
Available: San Diego County Dept. of Health  
Services

**¿AMAMANTAR Y TRABAJAR?**  
*BREASTFEEDING AND WORKING?*  
Gives positive views of nursing and working; includes stories of working nursing mothers.  
Publication Number 58.  
Price: \$1.95 each  
Available: La Leche League International

**AMAMANTANDO A SU BEBÉ.  
CON LAS MADRES ALREDEDOR  
DEL MUNDO**  
*BREASTFEEDING YOUR BABY*  
Available: La Leche League International

**EL CUIDADO DE LOS PEZONES**  
*CARE OF YOUR NIPPLES*  
Available: La Leche League International

**CUIDADO DE LA MADRE Y EL  
BEBÉ EN EL HOGAR**  
*CARE OF MOM AND BABY IN THE  
HOME*  
Available: Ross Laboratories

**LA OPERACIÓN CESAREA. EL  
PARTO Y LA ENTREGA**  
*CEASARIAN SECTION*  
Available: American College of Obstetricians  
& Gynecologists

**PARA LA MADRE QUE  
AMAMANTA A SU BEBÉ**  
*FOR THE MOTHER WHO  
BREASTFEEDS HER BABY*  
Available: Mead Johnson & Company

**COMIDA, EMBARAZO Y EL  
BIENESTAR FAMILIAR**  
*FOOD, PRENATAL AND FAMILY  
COMFORT*  
Available: American College of Obstetricians  
& Gynecologists

**ALIMENTOS PARA UNA MADRE Y  
UN BEBÉ SANO**  
*FOODS FOR A HEALTHY MOTHER  
AND BABY*  
Available: Ross Laboratories

**ALIMENTANDOSE BIEN PARA SU NIÑO. NUTRICIÓN DURANTE EL EMBARAZO Y LA LACTANCIA MATERNA**

*GOOD FOOD FOR YOUR BABY - NUTRITION DURING PREGNANCY AND LACTATION*

Available: California Dept. of Health Services

**¡HOLA MAMA!  
HELLO MOTHER!**

Available: Krames Communications

**COMO DEJAR DE AMAMANTAR. UN MANUAL UTIL SOBRE DESTETE, PARA LA MADRE QUE LACTA A SU BEBÉ**

*HOW TO BREASTFEED*

Available: Mead Johnson & Company

**COMO DARLE EL PECHO A SU BEBÉ**

*HOW TO BREASTFEED*

Adult Reading Level.

Explains the advantages of breast feeding, gives advice for breast care and explains how to nurse a baby. Reviews dangers of drug and alcohol for a nursing mother and tells how to offer and take breast away from a nursing baby.

Available: Ross Laboratories

**COMO SABER CUANDO SE INICIA EL PARTO. EL PARTO Y LA ENTREGA**

*HOW TO TELL IF YOU'RE PREGNANT*

Available: American College of Obstetricians & Gynecologists

**¡HIERRO PARA UN BEBÉ SALUDABLE Y PARA USTED!  
IRON FOR BABY'S WELLBEING AND FOR YOU**

Available: Texas Department of Health

**ALIMENTOS PARA UNA MADRE Y UN BEBÉ SALUDABLES**

*NUTRITION FOR A HEALTHY MOTHER AND BABY*

Available: California Dept. of Health Services

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. LOS CURATRO PRIMEROS MESES**

*NUTRITION FOR A HEALTHY AND HAPPY BABY. THE FIRST FOUR MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE CUATRO A SEIS MESES**

*NUTRITION FOR A HEALTHY AND HAPPY BABY FROM FOUR TO SIX MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE SIETE A OCHO MESES**

*NUTRITION FOR A HEALTHY AND HAPPY BABY. FROM SIX TO EIGHT MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE NUEVE A DOCE MESES**

*NUTRITION FOR A HEALTHY AND HAPPY BABY. FROM NINE TO TWELVE MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN DE SU BEBÉ DURANTE EL PRIMER AÑO DE VIDA**

*NUTRITION FOR YOUR BABY DURING THE FIRST YEAR OF LIFE*

Available: Mead Johnson & Company

**NUTRICIÓN DURANTE EL  
EMBARAZO Y LA LACTANCIA  
MATERNA. USANDO PILDORAS  
DE VITAMINAS, MINERALES Y SAL**  
*NUTRITION DURING PREGNANCY  
AND LACTATION*

Available: California Dept. of Health Services

**SU PESO Y GANANCIA DE PESO.  
NUTRICIÓN DURANTE EL  
EMBARAZO Y LA LACTANCIA  
MATERNA**  
*NUTRITION DURING PREGNANCY  
AND LACTATION*

Available: California Dept. of Health Services

**EMBARAZO Y LA VIDA DIARIA  
PRENATAL AND DAILY LIVING**

Available: American College of Obstetricians  
& Gynecologists

**PROTEJA A SU  
NIÑO...ENFERMEDADES DE LA  
INFANCIA**  
*PROTECTING YOUR CHILD...INFANT  
DISEASES*

Available: U. S. Dept. of Health & Human  
Services

**RECOBRANDO LA FIGURA  
RECOVERING YOUR FIGURE**

Available: Aherst Laboratories

**PECHOS ADOLORIDOS: ¿POR  
QUÉ, Y QUÉ HACER?**  
*SORE BREAST - WHAT, WHY, WHAT  
TO DO?*

Covers treatment and prevention of plugged  
ducts and breast infections.

Publication Number 29.

Price: \$.40 each

Available: La Leche League International

**LACTANCIA EXITOSA Y LA  
SEXUALIDAD DE LA MUJER**  
*SUCCESSFUL LACTATION AND  
WOMEN'S SEXUALITY*

Discusses breastfeeding as an aspect of female  
sexual identity.

Publication Number 148.

Price: \$.40 each

Available: La Leche League International

**EL LIBRO DEL BEBÉ. UTIL  
MANUAL DE INFORMACIÓN  
GENERAL**

*THE BABY BOOK - GENERAL  
INFORMATION*

Available: Gerber Products Company

**LOS PRIMEROS DOCE MESES.  
GUÍA DE ALIMENTACIÓN INFANTIL**  
*THE FIRST TWELVE MONTHS.  
GUIDE TO INFANT NUTRITION*

Available: California Dept. of Health Services

**EL PRIMER AÑO DE VIDA DE SU  
BEBÉ**

*THE FIRST YEAR OF LIFE*

Available: U. S. Dept. of Health & Human  
Services

**EL ARTE FEMENÍO DE  
AMAMANTAR**

*THE WOMANLY ART OF  
BREASTFEEDING*

Includes first-person stories and photographs  
providing help and needed answers to nursing  
mothers.

Publication Number 250 (softcover)

Price: \$7.95 each

Publication Number 251 (hardcover)

Price: \$12.95 each

Available: La Leche League International

**¿HAY UN BEBÉ NUEVO EN SU  
VIDA? ¡EN HORABUENA!**  
*THERE'S A NEW BABY IN YOUR LIFE?  
CONGRATULATIONS!*

Outlines "how-to" of breastfeeding and working.

Publication Number 58a.

Price: \$.40 each

Available: La Leche League International

**MADRES Y PADRES HAN  
PENSANDO EN DARLE EL PECHO  
A SU BEBÉ?**

*THINKING OF BREASTFEEDING  
YOUR BABY?*

Available: California Dept. of Health Services

**ALGUNAS IDEAS SOBRE EL  
DESTETE**

*THOUGHTS ABOUT WEANING*

Offers reassurance about baby-led weaning.  
Publication Number 125.

Price \$.40 each

Available: La Leche League International

**VAMOS A SER PADRES**

*WE ARE GOING TO BE PARENTS*

Available: Ross Laboratories

**COMO PUEDO SABER CUANDO  
MI NINO ESTA ENFERMO?**

*WHAT SHOULD I DO WHEN MY BABY  
IS SICK?*

Available: City of Houston Dept. of Houston

**CUANDO AMAMANTE A SU BEBÉ  
WHEN YOU BREASTFEED YOUR  
BABY**

Provides basics for the early weeks of  
breastfeeding.

Publication Number 124.

Price: \$.50 each

Available: La Leche League International

**CUANDO SU NIÑO TIENE FIEBRE  
WHEN YOUR CHILD HAS FEVER**

Available: McNeil Consumer Products  
Company

**MIENTRAS SU BEBÉ ESTA EN  
CAMINO**

*WHILE YOUR BABY IS ON THE WAY*

Available: U. S. Dept. of Health &  
Human Services

**LA FORMULA DE SU BEBÉ. LA  
LACTANCIA DE SU BEBÉ. COMO  
BAÑAR AL BEBÉ. EL NOMBRE DE  
SU BEBÉ**

*YOUR BABY'S FORMULA -*

*BREASTFEEDING YOUR BABY: HOW  
TO BATHE YOUR OWN BABY:  
NAMING YOUR BABY.*

Available: Carnation Company

**SU BEBÉ ILLEGARA PRONTO**

*YOUR BABY WILL BE HERE SOON*

Available: Ross Laboratories

**AUDIOVISUAL AIDS**

**LOS ACCIDENTES NO SON  
NECESARIOS**

*ACCIDENTS DON'T HAVE TO HAPPEN*

10 1/2 minutes.

Demonstrates the importance of being habitual-  
ly safety-conscious and shows parents how they  
can effectively "child-proof their homes and en-  
sure child safety.

#8014

Price: \$295.00

Available: Professional Research, Inc.

**LACTANCIA MATERNA  
BREASTFEEDING**

18 minutes.

Demonstrates prenatal breast preparation, feed-  
ing techniques, and meal scheduling.

#1001

Price: \$295.00

Available: Professional Research, Inc.

**CONSOLANDO AL BEBÉ  
MOLESTO**

*COMFORTING YOUR FUSSY BABY*

11 minutes.

Provides valuable suggestions for distracting the  
fussy baby and demonstrates how to distinguish  
fussiness from other behaviors which may indi-  
cate hunger or illness.

#8011

Price: \$295.00

Available: Professional Research, Inc.

**ALIMENTANDO A SU NIÑO**

***FEEDING YOUR CHILD***

13 minutes.

Discusses breast and bottle feeding, meal scheduling, introducing different kinds of foods, and how to plan nutritious meals children will like.

#8013

Price: \$295.00

Available: Professional Research, Inc.

**CUIDADO DEL RECIEN NACIDO**

***NEW BABY CARE***

18 minutes.

Assists expectant parents with the skills and equipment needed to care for the newborn.

#1003

Price: \$295.00

Available: Professional Research, Inc.

March, 1989

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## MEASLES

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**INFORMACIÓN IMPORTANTE  
ACERCA DEL SARAMPION, LAS  
PAPERAS, LA RUBELOLAY SUS  
VACUNAS PREVENTIVAS**

*IMPORTANT INFORMATION ABOUT  
MEASLES*

Available: U.S. Dept. of Health &  
Human Services

**HAGA UNA MEMORIA DEL  
SARAMPIÓN, VACUNELOS  
MEASLES**

Available: Yakima Valley Farm Workers Clinic

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## MEDICARE

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### **GUÍ DE SEGURO DE SALUD PARA PERSONAS CON MEDICARE**

#### ***GUIDE TO HEALTH INSURANCE FOR PEOPLE WITH MEDICARE***

Explains basic information on shopping for and types of private health insurance carriers, and what Medicare does and does not pay.

Publication Number (HCFA) 83-02117.

Available: Health Care Financing Administration

### **USTED Y LA "ASISTENCIA MEDICA A DOMICILIO" BAJO MEDICARE**

#### ***HOME HEALTH CARE***

14050 - 14076 - 2493C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **COMO LIENAR UN FORMULARIO DE RECLAMACIÓN DE MEDICARE**

#### ***HOW TO FILL OUT A MEDICARE CLAIM FORM***

Shows the "Patient's Request for Medicare Payment" form (*Form 1490-S*) used when requesting payment from Medicare and instructions on how to correctly complete the form.

Publication Number (HCFA) 10083.

Available: Health Care Financing Administration

### **PROTECCIÓN DE MEDICARE DE SERVICIOS DE DIALISIS DEL RINON Y TRANSPLANTE DEL RINON**

#### ***MEDICARE COVERAGE OF KIDNEY DIALYSIS AND KIDNEY TRANSPLANT SERVICES***

Explains the basics of Medicare coverage and treatment, including when coverage begins and ends, where dialysis can be provided, doctors' services, home dialysis information, and transplant.

Publication Number (HCFA) 10913.

Available: Health Care Financing Administration

### **SU DERECHO A APELAR DECISIONES HECHAS SOBRE RECLAMACIONES DE SEGURO DE HOSPITAL**

#### ***YOUR RIGHT TO APPEAL DECISIONS ON HOSPITAL INSURANCE CLAIMS***

Describes the four appeal steps to be taken by Medicare recipients who disagree with a decision to deny payment for a hospital insurance claim.

Publication Number (HCFA) 10085.

Available: Health Care Financing Administration

### **SU DERECHO A APELAR SU PAGO DEL SEGURO MEDICO**

#### ***YOUR RIGHT TO APPEAL YOUR MEDICAL INSURANCE PAYMENT***

Describes the steps to be taken by Medicare recipients who disagree with all or part of a medical insurance payment.

Publication Number (HCFA) 10979.

Available: Health Care Financing Administration

### **SU GUÍA DE MEDICARE *YOUR MEDICARE GUIDE***

Covers services provided by Medicare, how to obtain additional insurance coverage, and lists steps in hospital reimbursement and addresses of State Medicare offices.

Publication Number (HCFA) 10950.

Available: Health Care Financing Administration

March, 1989

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## MENINGITIS

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### MANINGITOS

#### *MENINGITIS*

Adult Reading Level.

This pamphlet provides information about the meaning of the term "*Meningitis*". It also provides information about the symptoms, treatment and prevention of the illness.

Available: School Health Program



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## MENOPAUSE

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### AUDIOVISUAL AIDS

#### *MENOPAUSE*

16mm, Super 8mm, video tape, sound, color,  
9 1/2 minutes.

Explores the physiological effects of change of  
life; benefits and limitations of treatment; and  
psychosocial adjustment.

**Available: Professional Research, Inc.**

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## MENSTRUATION

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**ESPECIALENTE PARA  
TÍ...(RESPUESTAS PERSONALES  
SOBRE LA MENSTRUACIÓN)**  
*ESPECIALLY FOR YOU: ANSWERS TO  
YOUR PERSONAL QUESTIONS  
ABOUT MENSTRUATION*  
Available: Tampax, Inc.

**COMO HABLARLE A SU HIJA DE  
LA MENSTRUACIÓN**  
*HOW TO TALK WITH YOUR  
DAUGHTER ABOUT MENSTRUATION*  
Available: Personal Products Company

**EL CICLO MENSTRUAL. MÁS QUÉ  
LA MENSTRURACIÓN**  
*THE MENSTRUAL CYCLE. MORE  
THAN MENSTRUATION*  
High School Reading Level.  
This booklet answers questions about the cycle  
before, during, and after menstruation. There is  
a brief expalantion of Toxic Shock Syndrome in-  
cluded in this booklet.  
Available: Personal Products Company

**SU CICLO MENSTRUAL  
ADOLESCENTE**  
*YOUR ADOLESCENT MENSTRUAL  
CYCLE*  
Junior High Reading Level.  
Written primarily for pre-teen and teenage girls.  
Answers questions about the menstrual cycle.  
Available: Personal Products Company

### AUDIOVISUAL AIDS

**MENSTRUATION**  
Sound, color. Available in 35 mm filmstrip,  
slides, video tape, and other formats.  
Describes the physiology of menstruation.  
Available: Medfact, Inc.

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## MENTAL HEALTH

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### **UN NIÑO DESVENTAJADO EN SU CASA**

*A DISADVANTAGED CHILD IN YOUR HOUSE*

Available: U. S. Dept. of Health & Human Services

### **UNA GUÍA DEL CONSUMIDOR PARA LOS SERVICIOS DE SALUD MENTAL**

*A CONSUMER'S GUIDE TO MENTAL HEALTH SERVICES*

Booklet.

Answers frequently asked questions concerning mental health services.

DHEW Publ. No. (ADM) 79-214 (SP).

Available: National Clearinghouse for Mental Health Information

### **LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA TENSIÓN**

*ABOUT STRESS*

11627 - 14472 - 2858B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **¿ES USTED POPULAR?**

*ARE YOU POPULAR?*

Available: City of Houston Department of Health

### **SOBRE LA SALUD EMOTIVA DE SU NIÑO**

*CHILD'S EMOTIONAL HEALTH*

11791 - 14704 - 2483C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **UNA GUÍA DEL CONSUMIDOR PARA LOS SERVICIOS DE SALUD MENTAL**

*CONSUMERS' GUIDE TO MENTAL HEALTH SERVICES*

Available: U. S. Dept. of Health & Human Services

### **LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA DEPRESIÓN**

*DEPRESSION*

12229 - 19711 - 2469D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **APRENDIENDO A FORTALECER NUESTRA PERSONALIDAD**

*DEVELOPMENT OF GOOD MENTAL HEALTH*

Elementary Reading Level.

Available: School Health Program

### **COMO NOS DESARROLLAMOS EMOCIONAL Y SOCIALMENTE**

*EMOTIONAL AND SOCIAL DEVELOPMENT*

The emotional and social health development in the young adolescent.

Available: School Health Program

### **REALIDADES SOBRE: LA ADOLESCENCIA**

*FACTS ABOUT ADOLESCENCE*

High School Reading Level.

Topics discussed in question and answer format are: changes which occur during adolescence, needs, duties, problems, drugs, sex, religion and parent role regarding teenagers.

Available: Texas Dept. of Mental Health & Mental Retardation

### **FACTS ABOUT GROUP THERAPY**

Adult Reading Level.

Group therapy is defined. The composition, leadership and purpose of the group is discussed.

Available: Texas Dept. of Mental Health & Mental Retardation

**"CHARLA FRANCA" - COMO  
TRATAR AL NIÑO ENOJADO**  
*FRANK TALK-HOW TO DEAL WITH  
THE ANGRY CHILD*

Fact Sheet.

Suggests methods of dealing with child anger.  
DHEW Publ. No. (ADM) 80-781 (SP).

Available: National Clearinghouse for Mental  
Health Information

**"CHARLA FRANCA" SOBRE LA  
TENSIÓN**

*FRANK TALK ABOUT TENSION*

Fact Sheet.

Discusses the effects of tension and suggests  
ways to deal with it.

DHEW Publ. No. (ADM) 80-502 (SP).

Available: National Clearinghouse for Mental  
Health Information

**¿SALUD... SALUD?**  
*HEALTH*

Available: U. S. Dept. of Health & Human  
Service

**HOW IS YOUR MENTAL HEALTH**

High School Reading Level.

This method defines Mental Health in everyday  
language.

Available: Texas Dept. of Mental Health &  
Mental Retardation

**HOW TO HANDLE PRESSURE**

Adult Reading Level.

The content of this pamphlet is a brief outline of  
ten ways to cope with pressure.

Price: Single copy - free; Cost per copy - \$.10;  
Minimum order - \$1.00

Available: Texas Dept. of Mental Health &  
Mental Retardation

**COMO COMPRENDER LA  
ANSIEDAD**

*HOW TO UNDERSTAND ANXIETY*

High School Reading Level.

This booklet describes the symptoms associated  
with anxiety as well as information on control-  
ling feelings of anxiety.

Available: Parke-Davis

**ACLARANDO NUESTRA IMAGEN  
PROPIA**

*IMPORTANCE OF SELF ESTEEM IN  
THE DEVELOPMENT OF  
PERSONALITY.*

Available: School Health Program

**ES BUENO SABER ACERCA DE LA  
SALUD MENTAL**

*IT'S GOOD TO KNOW ABOUT  
MENTAL HEALTH*

Pamphlet.

Presents general information on mental health  
and illness, and how to treat mental disorders.  
(ADM) 78-67 (SP).

Available: National Clearinghouse for Mental  
Health Information

**APRENDIENDO ACERCA DE LAS  
ENFERMEDADES DEPRESIVAS**  
*LEARNING ABOUT DEPRESSIVE  
ILLNESSES*

Booklet.

Discusses types of depression and their origins;  
dangers and treatments of depressive illnesses.  
DHEW Publ. No. (ADM) 78-228 (SP).

Available: National Clearinghouse for Mental  
Health Information

**LEARNING ABOUT DEPRESSIVE  
ILLNESS**

Adult Reading Level.

The booklet discusses depressive illness, its  
signs, types, causes, hereditary and biochemi-  
cal factors, the danger of suicide, treatment and  
therapy.

Price: Single copy - free; Cost per copy - \$.20;  
Minimum order - \$1.00

Available: Texas Dept. of Mental Health &  
Mental Retardation

**APRENDIENDO ACERCA DE LAS  
ENFERMEDADES DEPRESIVAS**  
*LEARNING ABOUT DEPRESSIVE  
ILLNESS*

Addresses signs and types of depression, emo-  
tional and biochemical causes, laboratory re-  
search, and includes information on drug and  
electric shock treatments.

Publication Number (ADM) 78-0288

Available: National Institute of Mental Health

**AMOR, SEXO Y CONTROL DE LA  
NATALIDAD PARA EL  
RETARDADO MENTAL**

**LOVE, SEX, AND BIRTH CONTROL  
FOR THE MENTALLY RETARDED**

Booklet.

A guide to parents, gives facts all youngsters need to know, with advice from experts on introducing and discussing various topics.

No. 1551.

Available: Planned Parenthood Federation of America

**EL MATRIMONIO**

**MARRIAGE**

Sixth Grade Reading Level.

This booklet discusses the aspects involved in a successful marriage.

Available: California Dept. of Mental Health

**MENTAL HEALTH OF CHILDREN**

Adult Reading Level.

Among the topics included are the influence of heredity versus environment, the difference between an emotionally disturbed child and one who needs more firm discipline, symptoms of mental illness in children, causes of over-aggressive behavior and how a parent can deal with it.

Price: Single copy - free; Cost per copy - \$.15; Minimum order - \$1.00.

Available: Texas Dept. of Mental Health & Mental Retardation

**SOBRE LA SALUD MENTAL**

**MENTAL HEALTH**

11098- 11130 - 2391E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE TODO EL MUNDO DEBE  
SABER SOBRE LOS SERVICIOS  
DE SALUD MENTAL**

**MENTAL HEALTH SERVICES**

11742 - 11943 - 2640D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE TODO EL MUNDO DEBE  
SABER SOBRE LA SALUD  
MENTAL EN LA EDAD AVANZADA**  
**MENTAL HEALTH/LATER YEARS**

12260 - 12997 - 2676E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE USTED DEBE SABER  
SOBRE UNA ENFERMEDAD  
MENTAL EN LA FAMILIA**

**MENTAL ILLNESS/FAMILY**

12328 - 11296 - 2386E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**SALUD MENTAL ES 1 2 3**

**MENTAL HEALTH IS 1 2 3**

Describes characteristics of people with good mental health.

Available: Mental Health Association

**LOS PADRES**

**PARENTS**

Available: California Dept. of Mental Health

**"CHARLA FRANCA:" COMO  
TRATAR AL NIÑO ENOJADO**

**PLAIN TALK ABOUT DEALING WITH  
THE ANGRY CHILD**

Discusses how parents can help a child deal with anger and aggression.

Publication Number (ADM) 81-781.

Available up to 25 copies.

Available: National Institute of Mental Health

**"CHARLA FRANCA:" SOBRE LA  
TENSIÓN**

**PLAIN TALK ABOUT HANDLING  
STRESS**

High School Reading Level.

This is a complete discussion of tension, anxiety, its causes and how to alleviate it.

Discusses three stages of stress, how to recognize symptoms, ways to deal with stress.

Publication Number (ADM) 80-502.

Available up to 25 copies.

Available: National Institute of Mental Health

**¿ESQUIZOFRENIA EXISTE UNA  
RESPUESTA?**

*SCHIZOPHRENIA: IS THERE AN  
ANSWER?*

Booklet.

Offers general information on the world of the schizophrenic, the causes of schizophrenia, and the ways to treat this mental illness.

DHEW Publ. No. (ADM) 79-74 (SP).

Available: National Clearinghouse for Mental  
Health Information

**ESQUIZOFRENIA/¿EXISTE UNA  
RESPUESTA?**

*SCHIZOPHRENIA: IS THERE AN  
ANSWER?*

This booklet describes and discusses  
schizophrenia and its treatment.

Available: National Institute of Mental Health

**LO QUE USTED DEBE SABER  
SOBRE EL AMOR PROPIO**

*SELF ESTEEM*

18457 - 18705 - 2689C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**FAMILIAS CON SOLO UÑO DEL  
LOS PADRES**

*SINGLE PARENT*

Available: U. S. Dept. of Health & Human  
Services

**ALGO QUE USTED DEBE SABER  
ACERCA DE LAS  
ENFERMEDADES MENTALES Y  
EMOCIONALES**

*SOME THINGS YOU SHOULD KNOW  
ABOUT MENTAL AND EMOTIONAL  
ILLNESS*

Leaflet.

Contains facts on psychosis and neuroses.

Available: Mental Health Association

**LA TENSION  
STRESS**

Leaflet.

Discusses the helpful and harmful aspects of  
stress, ways to control it, and ways to use it for  
benefit.

Available: Blue Cross/Blue Shield of  
Connecticut

**LA TENSION  
STRESS**

Adult Reading Level.

This leaflet defines stress and distress, body  
reactions to stress, and getting a handle on  
stress and distress. 1980.

Available: Texas Dept. of Mental Health &  
Mental Retardation

**SOBRE EL SUICIDIO ENTRE LA  
GENTE JOVEN**

*TEEN SUICIDE*

19612 - 19141 - 2936C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TENSION**

Available: California Dept. of Mental Health

**LA FAMILIA**

*THE FAMILY*

Sixth Grade Reading Level.

This booklet offers a discussion of the dynamics  
of family life.

Available: California Dept. of Mental Health

**LOS ABUELITOS**

*THE GRANDPARENTS*

Available: California Dept. of Mental Health

**EL DESARROLLO DEL NIÑO EN  
EL HOGAR**

*THE CHILD'S ENVIRONMENT*

Available: U. S. Dept. of Health & Human  
Services

**LO QUE TODO NIÑO NECESITA  
WHAT EVERY CHILD NEEDS**

Leaflet.

Describes the basic emotional needs of children.

Available: Mental Health Association

**¿PUEDEN LOS AMIGOS SER  
BUENA MEDICINA?**

*CAN YOUR FRIENDS BE GOOD*

*MEDICINE?*

Available: California Dept. of Mental Health

## **AUDIOVISUAL AIDS**

### **EL RESENTIDO**

#### **ANGRY BOY**

16mm, sound, B/W, 33 minutes.

Tells the story of emotional disturbances engendered by family tensions. After a ten-year-old boy is caught stealing, a psychiatric team traces the boy's disturbance to its source.

**Available:** International Film Bureau, Inc.

### **FEELINGS/A SERIES**

16mm, animation, sound, color; app. 9 min. each.

A series of six films for ages 5-8, which can be ordered separately. Titles are *"I'm Feeling Alone, I'm Feeling Happy, I'm Feeling Sad, I'm Feeling Scared, I'm Mad at Me and I'm Mad at You."*

**Available:** Churchill Films

### **I AM WHAT I KNOW**

16mm, sound color, 15 minutes.

Ages 5-8.

Offers encouragement to children in liking themselves..

**Available:** Churchill Films

### **I AM HOW I LOOK**

16mm, sound, color, 13 1/2 minutes.

Helps children gain a sense of who they are and of their own importance.

**Available:** Churchill Films

### **RAICES DE FELICIDAD**

#### **ROOTS OF HAPPINESS**

16mm film and video - 25 minutes - B/W

The film looks at the nature of family relationships, focusing on the role of the father in building and maintaining a happy family environment. Uses the example of a family in Puerto Rico to show that the warmth and maturity of the parents is what gives the children the security they need to develop their capabilities to the fullest.

Price: 16mm film - \$325; Video - \$250

Rental: \$ 35

**Available:** International Film Bureau, Inc.

### **LOS QUE DAN CARINO**

#### **THE BRIGHT SIDE**

16mm, B/W, sound, 23 minutes.

Depicts a typical family as parents share work and play with the children, handling day-to-day problems in a relaxed and sensible way.

**Available:** International Film Bureau, Inc.

### **UNDERSTANDING STRESSES AND STRAINS**

16mm, sound, color, 10 minutes.

Shows what excessive worry can do to mind and body, and suggests that using common sense can minimize the normal stresses and strains.

**Available:** Coronet/MTI Film & Video

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## MIGRANT HEALTH

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### **QUÉ MADURAS QUIMICAS...QUÉ HACER**

#### **CHEMICAL BURNS**

Junior High School Reading Level.

Discusses different ways that we can get burns from chemical products and how to treat these burns when they occur.

Available: Yakima Valley Farm Workers Clinic

### **SEGURIDAD DE LOS TRABAJADORES AGRICOLAS DURANTE EL USO DE**

#### **PESTICIDAS OR INSECTICIDAS FARM WORKER'S PESTICIDE SAFETY**

Explains dangers to living quarters and treated fields, and offers ways to keep people, pets, and wildlife safe from pesticides.

Available: Environmental Protection Agency

### **¿ESTA LIBRE DE PELIGROS EL AQUA QUE USTED BEBÉ?**

#### **IS YOUR DRINKING WATER SAFE?**

Discusses the problems, standards established by EPA, and public notification and regulations of the Safe Drinking Water Act.

Available: Environmental Protection Agency

### **CONSERVE GUARDE EL AGUA SANA**

#### **KEEP WATER SAFE**

Sixth Grade Reading Level.

Simple booklet gives advice on how to avoid diseases carried in water.

Available: Sunrise Community Health Center, Inc.

### **SOBRE EL ENVENENAMIENTO POR PLOMO**

#### **LEAD POISONING**

18028 - 43075

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **USO SEGURO DE PESTICIDAS PARA LOS TRABAJADORES DEL CAMPO**

#### **PESTICIDE SAFETY FOR FARMWORKERS**

Junior High Level.

Manual provides basic pesticide information for farmworkers, including pesticide label information, protective clothing, recognizing signs and symptoms of pesticide poisoning and first aid information.

Available: Pesticide Farm Safety Staff

### **LO QUE USTED DEBE SABER SOBRE LA CONSERVACIÓN DEL OIDO EN EL TRABAJO**

#### **WHAT YOU NEED TO KNOW ABOUT HEARING CONSERVATION**

13276 - 13441 - 2542C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **WORKING SAFELY WITH PESTICIDES**

Booklet.

High School/Adult Reading Level.

This booklet contains information on safety precautions for agricultural workers, what to do if they are exposed to pesticides and agencies to contact.

Available: State of California

### **TU MUNDO, TU AMBIENTE YOUR WORLD, YOUR HEALTH**

Explains to young adults the responsibility of maintaining a clean water, clean air, and noise-free environment in which to live.

Available: Environmental Protection Agency



## **AUDIOVISUAL AIDS**

### ***PICK AND CHOOSE***

Three 15-minute programs and a guide.

Adult Level.

This series presents information related to the nutritional needs of migrants. It shows them as they live, shop, cook and eat. The suggestions about nutrition take into account migrant tastes and traditional foods.

**Available: The University of the State of New York**

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## MULTIPLE SCLEROSIS

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### **ESCLEROSIS MULTIPLE**

#### ***MULTIPLE SCLEROSIS***

Gives an overview of symptoms, course, treatment, and prognosis.

Available: National Multiple Sclerosis Society

### **LA ESCLEROSIS MULTIPLE: ESPERANZAS PARA SU CURACIÓN**

#### ***MULTIPLE SCLEROSIS: GROUNDS FOR HOPE***

Provides detailed information on the effects of multiple sclerosis, its symptoms, and what it does to the immune and nervous systems; focuses on research and prospects for the future.

Publication Number PA335B.

Single copy - free; additional copies, \$.21 each

Available: National Multiple Sclerosis Society

### **LO QUE TODO EL MUNDO DEBESABER SOBRE LA ESCLEROSIS MULTIPLE**

#### ***WHAT EVERYONE SHOULD KNOW ABOUT MULTIPLE SCLEROSIS***

Depicts a variety of multiple sclerosis symptoms, their frequency, current research, diagnostic procedures, approved treatments, and support services by the community and the Multiple Sclerosis Society.

Publication Number ECS13.

Single copy - free; additional copies, \$.10 each.

Available: National Multiple Sclerosis Society

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## MYASTHENIA GRAVIS

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### **CONQUEST. FOLLETO PARA LOS PACIENTES DE MIASTENIA GRAVIS**

#### ***LEAFLET FOR MYASTHENIA GRAVIS PATIENTS***

Leaflet.

Contains information about Myasthenia Gravis  
including treatment, patient self-help, and other  
factors.

**Available: Muscular Dystrophy Association**

### **¿QUIEN SOY?**

#### ***WHO AM I?***

Picture book pamphlet.

Discusses Myasthenia Gravis.

**Available: Muscular Dystrophy Association**

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## NUTRITION

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### **UNA GUÍA PARA AYUDAR A LOS HABITOS ALIMENTICIOS DE SU BEBÉ**

*A NUTRITION GUIDE FOR YOUR  
BABY*

Pamphlet.

Available: San Diego County Department of  
Health Services

### **UNA PLAN DE ALIMENTO PARA SU BEBÉ**

*A NUTRITION PLAN FOR YOUR BABY*

Available: Texas Department of Health

### **UNA GUIA DE ALIMENTOS PARA SU INFANTE**

*A NUTRITION GUIDE FOR YOUR  
INFANT*

Available: Texas Department of Health

### **¿ESTA COMIENDO ALIMENTOS RICOS EN HIERRO DIARIAMENTE?**

*ARE YOU EATING FOODS RICH IN  
IRON?*

Leaflet.

Available: San Diego County Department of  
Health Services

### **¿ESTA COMIENDO DIARIAMENTE SUFICIENTES ALIMENTOS RICOS EN CALCIO?**

*ARE YOU EATING THE RIGHT  
AMOUNT OF CALCIUM*

Leaflet.

Available: San Diego County Department of  
Health Services

### **COMO DISFRUTAR UNA DIETA EQUILIBRADA CON UN PRESUPUESTO EQUILIBRADO BALANCED DIET/BALANCED BUDGET**

14217 - 19414 - 2768C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **GUÍA PARA COMER BIEN BASIC FOUR FOOD GROUP**

Pamphlet.

This pamphlet is very complex listing of the  
recommended servings per day for various age  
groups. It also lists nutrients and discusses their  
function.

Available: Dairy Council

### **MEJORES MERIENDAS BETTER SNACKS**

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **ENTRE COMIDS BETWEEN MEALS**

High School Reading Level.

This poster can be folded into envelope form to  
send to parents. It offers parents a list of alter-  
native snacks which are healthier and have less  
sugar than cake, candy, and soda.

Available: Intercultural Development Research  
Association

### **COMIENCE UN DÍA FELIZ...CON UN BUEN DESAYUNO BEGIN A DAY WITH A GOOD BREAKFAST**

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **DAR (EL) PECHO - EL MEJOR COMIENZO PARA SU BEBÉ BREAST FEEDING - BABY'S BEST START**

This booklet provides some valuable tips for es-  
tablishing and maintaining breastfeeding. Be-  
cause of the length, it should be used with a  
motivated client.

Available: Colorado Department of Health

### **INSTRUCCIONES PARA AMAMANTAR AL BEBÉ BREAST - FEEDING INSTRUCTIONS**

Card.

On one side, gives instructions on breast-feed-  
ing, on the other, gives brief instructions on for-  
mula preparation.

Available: Carnation Company

**CONSTRUYENDO MEJOR SANGRE**  
**BUILDING BLOOD**

Junior High School Reading Level.

This folder defines blood, hemoglobin and iron. It lists some signs of iron deficiency anemia and when it is most likely to occur. It lists those foods high in iron as the most important to maintain healthy blood.

Available: Arizona Department of Health Services

**FORTALECIENDO SU SANGRE**  
**BUILDING BLOOD**

Available: Florida WIC & Nutrition Services

**EL CALCIO**  
**CALCIUM**

Available: Texas Department of Health

**LISTA INTERCAMBIOS DE**  
**COMIDAS MEXICANAS**  
**CALORIE LIST FOR MEXICAN FOODS**

Sixth Grade Reading Level.

Provides a list of Mexican foods with corresponding calorie count. Ingredients are itemized. Includes an exchange equivalent for Weight Watcher's diet.

Available: Su Clinica Familiar

**¡ESCOJA BOCADOS QUE SEAN**  
**BUENOS PARA USTED!**  
**CHOOSY SNACKS THAT ARE GOOD**  
**FOR YOU**

Leaflet.

Available: San Diego County Department of Health Services

**¡VENCER LA ANEMIA!**  
**CONQUER ANEMIA**

Pamphlet.

High iron foods are listed. Refers to the WIC program and WIC foods in several areas.

Available: Colorado Department of Health

**COCINANDO CON SU HIJO**  
**COOKING FOR YOUR CHILD**

Available: Intercultural Development Research Association

**DIETA SIN AZÚCAR Y BAJA EN**  
**GRASA SATURADA**  
**DIET WITHOUT SUGAR AND LOW IN**  
**SATURATED FAT**

Fact Sheet.

Available: American Diabetes Association

**COMA BIEN PERO COMA CON**  
**PRUDENCIA PARA REDUCIR EL**  
**RIESGO DE UN ATAQUE**  
**CARDIACO**

**EAT WELL BUT WISELY TO REDUCE**  
**THE RISK OF HEART ATTACK**

Leaflet.

Explains how foods such as chorizos, whole milk, eggs, etc. can raise the cholesterol level and what high cholesterol can do. Recommends eight moderate changes in the daily diet.

Available: American Heart Association

**CONSUMA DIARIAMENTE LOS**  
**CUATRO ALIMENTOS BASICOS**  
**EATING FROM THE FOUR BASIC**  
**FOOD GROUPS DAILY**

Fourth Grade Reading Level.

The front of the page has pictures of the basic four food groups. The back of the page lists the four food groups and daily requirements for different age groups. Can be used as a poster.

Available: Del Monte Corporation

**ALIMENTANDO A SU BEBÉ.**  
**DESDE LOS CUATRO A LOS SIETE**  
**MESES**

**FEEDING YOUR BABY FROM FOUR**  
**TO SIX MONTHS**

Available: Florida WIC & Nutrition Services

**ANIME SU BEBÉ CON ALIMENTOS**  
**RICOS EN HIERRO**  
**FEEDING YOUR BABY WITH FOOD**  
**RICH IN IRON**

High School Reading Level.

This folder emphasizes the importance of iron in a baby's diet. A list of foods rich in iron is provided.

Available: Texas Department of Health

**CUADERNO DE PINTURA - LA  
CORMIDA ES PARA COMER**  
*FOOD IS FOR EATING*

Second Grade Reading Level.

Coloring book.

To be used to teach good nutrition to students  
in the early grades.

Available: Migrant Health Service, Inc.

**ALIMENTOS PARA NIÑOS CHICOS**  
*FOODS FOR YOUNG CHILDREN*

Provides information on proteins, fats and car-  
bohydrates as well as vitamins.

Available: Dairy Council (Western)

**COMIDA RICA EN HIERRO PARA  
SU BEBÉ**

*FOODS RICH IN IRON FOR YOUR  
BABY*

Available: San Diego County Department of  
Health Services

**ALIMENTOS PARA UNA MADRE Y  
UN BEBÉ SANOS**

*FOODS FOR A HEALTHY MOTHER  
AND BABY*

Available: Ross Laboratories

**ALIMENTOS PARA NIÑOS 1-5**  
*FOOD FOR CHILDREN 1-5*

Available: Florida WIC & Nutrition Services

**ALIMENTOS PARA NIÑOS CHICOS**  
*FOODS FOR YOUNG CHILDREN*

Pamphlet.

This pamphlet provides the care giver with a list  
of foods children like and ways to help a child  
develop healthy eating habits.

Available: Colorado Department of Health

**ALIMENTOS PARA NIÑOS  
MENORES DE 6 AÑOS**

*FOOD FOR CHILDREN UNDER SIX*

Adult Reading Level.

Booklet.

This booklet covers the four basic food groups,  
portions, utensils for young children, and pre-  
meal hygiene.

Available: Dairy Council (Western)

**ALIMENTOS PARA PENSAR Y  
COMER**

*FOODS FOR THOUGHT AND EATING*

Pamphlet.

In a comic book format, presents facts on preg-  
nancy with emphasis on diet and nutrition.

Available: National Foundation of March of  
Dimes

**FOOD AND NUTRIENTS FOR HEALTH**  
Poster.

Lists the different nutrients necessary for good  
health.

USDA Pub. No. (FNS) 97-S.

Available: Publications Office

**TABLA DE ALIMENTOS:  
PROGRAMA DE ALIMENTOS  
PARA NIÑOS**

*FOOD CHART: CHILD NUTRITION  
PROGRAM*

Sample daily food plan for children one to  
twelve years of age.

Available: Publications Office

**ALIMENTOS PARA FORMAR UN  
BEBÉ SANO**

*FOODS FOR BUILDING A HEALTHY  
BABY*

This pamphlet consists of a daily food guide for  
pregnant women. On the back there are general  
prenatal tips.

Available: Colorado Department of Health

**ENFERMEDADES CAUSADAS POR  
ALIMENTOS CONTAMINADOS**  
*FOODBORNE ILLNESS*

Provides recommendations about proper  
food preparation, refrigeration of various  
types of foods, and describes common food-  
borne organisms.

Publication Number (FDA) 80-2044S.

Available: Food & Drug Administration

**FORTALECIENDO SU SANGRE**  
*FORTIFYING YOUR BLOOD*

High School Reading Level.

This folder describes the importance of Iron,  
Vitamin C, and folic acid for healthy blood. A  
list of food rich in Iron and vitamin C is  
provided.

Available: Florida WIC and Nutrition Services  
or Nebraska State Health Dept.

**CONSEJOS GENERALES PARA  
PACIENTES CON ULCERA**  
*GENERAL INSTRUCTIONS ON HOW  
TO EAT IF YOU HAVE AN ULCER*

This one page flier lists six dietary tips for an individual with a peptic ulcer. The tips are listed in Spanish at the top of the page with English version below. It is a nice simple handout to use in counseling.

Available: Colorado Department of Health

**PRINCIPIOS DE LA BUENA  
NUTRICIÓN**

*GOOD NUTRITION*

11254 - 14902 - 2525C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**EL LIBRO COLORANTE DE LAS  
COMIDAS BUENAS**

*GOOD FOODS COLORING BOOK*

Coloring book for children.

Teaches children the importance of a balanced, nutritious diet and what such a diet should consist of.

PA-912-S.

Available: Publications Office

**EL BUEN COMER SIGNIFICA  
SALUD**

*GOOD FOOD FOR YOUR HEALTH*

Junior High Reading Level.

Discusses four basic food groups: meats, vegetables, fruits, milk, bread and cereal.

Details what comprises a balanced daily diet and gives sample menus.

Available: Carnation Company

**BUENA ALIMENTACIÓN**  
*GOOD FOOD*

Junior High School Reading Level.

Describes the relationship between nutrition and health and the various food groups.

Available: Departamento de Salud

**BUENAS ALIMENTOS PARA  
COMER**

*GOOD FOOD TO EAT*

Coloring book.

Second Grade Reading Level.

The large illustrations picture the four basic food groups and give examples of foods in each group.

Available: Nebraska State Health Department

**ADIOS GORDURA. UNA NUEVA  
IMAGEN**

*GOODBYE FAT. A NEW IMAGE*

Available: City of Houston Dept. of Health

**GUÍA PARA COMER BIEN...UN  
MODELO DIARIO RECOMENDADO**  
*GUIDE TO EATING WELL*

Junior High Reading Level.

One side explains nutrients for health and gives recommended number of servings of different groups of people. The other side illustrates the different food groups.

Available: Dairy Council (Western)

**GUÍA PARA COMER BIEN**  
*GUIDE FOR GOOD EATING*

High School Reading Level.

Discusses four food groups and lists foods in each. Provides information on proteins, fats and carbohydrates as well as vitamins

Available: Dairy Council (Western)

**AYUDE A SU BEBÉ A UN  
COMIENZO SALUDABLE**  
*HELP YOUR BABY TO A HEALTHY  
START*

This pamphlet discusses prenatal nutrition. It covers recommended exercises, weight gain, tobacco, and drug use during pregnancy. The pamphlet also has a daily food guide which can be individualized to the patient intake.

Available: Colorado Department of Health

**COMIDAS HISPANAS EN DIETAS**  
*HISPANIC FOODS IN DIABETIC DIETS*  
Booklet.

Gives amounts of meats, vegetables and fruits for reducing your calories and gives special recipes for diabetics.

Available: Visiting Nurse Corporation

**COMO COMPRAR LOS  
COMESTIBLES**

***HOW TO BUY FOOD***

Booklet.

A bilingual teaching aid.

PA976

Available: Publications Office

**COMO ALIMENTAR A SU BEBÉ  
DESDE EL DÍA DE SU  
NACIMIENTO A LOS TRES MESES  
(ALIMENTO DE FORMULA)**

***HOW TO FEED YOUR BABY FROM  
BIRTH TO THREE MONTHS***

Pamphlet.

Available: Los Angeles County Health  
Department

**COMO ALIMENTAR A SU BEBÉ DE  
LOS CUATRO A LOS DOCE  
MESES DE EDAD**

***HOW TO FEED YOUR BABY FROM  
FOUR TO TWELVE MONTHS OF AGE***

Pamphlet.

Available: Los Angeles County Health  
Department

**¿PESA POQUITO SU NIÑO?  
*IS YOUR CHILD UNDERWEIGHT?***

Pamphlet.

It discusses ways to increase a child's caloric intake. It provides several dietary and behavioral changes which can be used with children.

Available: Colorado Department of Health

**¡NECESITA USTED HIERRO?  
COMALO!**

***IRON***

Available: Florida WIC & Nutrition Services

***IRON: THE HARD-TO-GET NUTRIENT***

Junior High School Reading Level.

This folder explains the importance of iron in the diet and lists high iron foods.

Available: Cooperative Extension

**CONOZCA LOS  
ENRIQUECEDORES DE LA  
SANGRE**

***KNOWING THE ENRICHMENT OF  
BLOOD***

Sixth Grade Reading Level.

This folder explains the importance of iron in building strong blood and in the prevention of anemia. A list of foods rich in iron is presented.

Available: Illinois Department of Public Health

***MAKE THIS DAILY COUNTDOWN  
FOR GOOD NUTRITION***

Fourth Grade Reading Level.

The front of the page has pictures of the basic four food groups. The back of the page lists the four food groups and daily requirements for different age groups. Can be used as a poster.

F 7841.

Available: Del Monte Corporation

**MADRES Y PADRES - HAN  
PENSADO EN DARLE EL PECHO A  
SU BEBÉ?**

***MOMS AND DADS - HAVE YOU  
THOUGHT ABOUT  
BREASTFEEDING?***

This pamphlet provides four reasons supporting breastfeeding. It also answers some common breastfeeding questions. It is a very simple, easy to understand pamphlet.

Available: Colorado Department of Health

**LA NUTRICIÓN Y EL CANCER  
*NUTRITION AND CANCER***

This pamphlet provides seven recommendations to decrease an individuals' risk of developing cancer.

Available: American Cancer Society

**NUTRICIÓN Y SU SALUD  
*NUTRITION AND HEALTH***

This colorful pamphlet presents dietary guidelines.

Available: United States Consumer  
Information Center



## **NUTRICIÓN**

### ***NUTRITION - DESIGN FOR LIFE SERIES***

Leaflet.

Outlines a daily food guide to help families get the right amount of nutrients they need for good health.

Available: Blue Cross/Blue Shield of Connecticut

## **DIETA EN EL EMBARAZO**

### ***NUTRITION DURING PREGNANCY***

Leaflet.

Available: San Diego County Department of Health Services

## **NUTRICIÓN Y SU SALUD; UNA GUÍA PARA SU DIETA**

### ***NUTRITION AND YOUR HEALTH; DIETARY GUIDELINES FOR AMERICANS***

Pamphlet.

Aimed at helping the healthy person stay healthy; explains the benefits of eating a varied diet; avoiding too much fat, sugar, sodium and alcohol; maintaining an ideal weight; and eating enough starch and fiber.

Available: U. S. Department of Health & Human Services

## **NUTRICIÓN Y SU SALUD**

### ***NUTRITION AND YOUR HEALTH***

Adult Reading Level.

This booklet provides seven guidelines for good nutrition. This is a very attractive booklet which is easy to read and use.

Available: Publications Office

## **NUTRICIÓN, CRECIMIENTO Y DESARROLLO DURANTE EL PRIMER AÑO DE SU BEBÉ**

### ***NUTRITION, GROWTH AND DEVELOPMENT DURING THE FIRST YEAR***

Booklet.

Available: Ross Laboratories

## **NUTRICIÓN Y SU SALUD. UNA GUÍA PARA SU DIETA**

### ***NUTRITION AND YOUR HEALTH. A GUIDE FOR YOUR DIET***

Available: U. S. Dept. of Health & Human Services

## **EXAMENES DE NUTRICIÓN PARA NIÑOS. ALGUNAS SUGERENCIAS PARA LOS PADRES DE FAMILIA**

### ***NUTRITION TESTS FOR CHILDREN***

Available: U. S. Dept. of Health & Human Services

## **NUTRICIÓN. VITAMINA C**

### ***NUTRITION: VITAMIN C***

Fifth Grade Reading Level.

Describes necessity of Vitamin C in our diet. Lists foods that are rich in Vitamin C and tells how to get the most vitamins from foods we eat.

Available: California Dept. of Health Services

## **NUTRICIÓN. CALCIO**

### ***CALCIUM***

Fifth Grade Reading Level.

Explains the need for calcium in the proper formation of bones and teeth. Discusses food rich in calcium and gives minimum daily requirements.

Available: California Dept. of Health Services

## **NUTRICIÓN. ETIQUETAS DE NUTRICIÓN**

### ***NUTRITION: SELECTING NUTRITION***

Junior High Reading Level.

Suggests reading product labels to assist in improving nutrition and buying better foods by becoming familiar with ingredients contained in products.

Available: California Dept. of Health Services

## **NUTRICIÓN: VITAMIN A**

### ***NUTRITION: VITAMIN A***

Adult Reading Level.

This folder offers a concise review of the importance Vitamin A plays in good nutrition. A list of good food sources of Vitamin A is provided, emphasis is placed on the importance of Vitamin A for pregnant and nursing mothers.

Available: California Dept. of Health Services

## **NUTRICIÓN - HIERRO**

### ***NUTRITION - IRON***

High School Reading Level.

Explains about the importance of a daily consumption of iron in the daily diet. Provides with a list of foods that contain iron.

Available: California Dept. of Health Services

## **NUTRICIÓN**

### ***NUTRITION***

Available: Intercultural Development Research Association

## **NUTRICIÓN - HIERRO**

### ***NUTRITION - IRON: THE HARD-TO-GET NUTRIENT***

Adult Reading Level.

This folder explains the importance of iron in the development of hemoglobin. A list of who needs extra iron is provided. Foods rich in iron are mentioned. Infant foods that are rich in iron are listed on the back of the folder.

Available: California Dept. of Health Services

## **ALIMENTACIÓN DEL NIÑO PREESCOLAR. DE 1 A 5 AÑOS**

### ***NUTRITION FOR THE PRESCHOOL CHILD***

Available: Concilio de Salud Integral de Loiza, Inc.

## **LA ALIMENTACIÓN DE TU BEBÉ**

### ***NUTRITION FOR YOUR BABY***

Available: Concilio de Salud Integral de Loiza, Inc.

## **NUTRIENTES PARA LA SALUD**

### ***NUTRIENTS FOR HEALTH***

Gives tips for good eating, including recommended daily food consumptions.

Price: \$.05 each, available in multiples of 25 or more.

Available: National Health Information Clearinghouse

## **SOLO LO MEJOR PARA SU BEBÉ**

### ***ONLY THE BEST FOR YOUR BABY***

This pamphlet is an infant feeding calendar. It is attractively designed pamphlet with sound nutrition information.

Available: Colorado Department of Health

## **COMIDA PARA BEBÉS PREPARADA EN CASA**

### ***PREPARING BABY FOOD AT HOME***

Available: San Diego County Department of Health Services

## **LA PROTEINA. ALIMENTO PARA EL CRECIMIENTO**

### ***PROTEIN***

Available: Texas Department of Health

## **MEJORE SU DIETA; LEA LA ETIQUETA**

### ***READ THE LABEL; SET A BETTER TABLE***

Leaflet.

Explains how to read nutrition information on food product labels; the role nutrients play in a balanced diet; and foods rich in the different nutrients.

DHEW Pub. No. (FDA) 76-2049S.

Available: Food & Drug Administration

## **LOS NIÑOS PEQUEÑOS NECESITAN BUENOS ALIMENTOS**

### ***SMALL CHILDREN NEED GOOD FOODS***

Available: San Diego County Department of Health Services

## **ANTOJITOS/MERIENDA**

### ***SNACKS***

Sixth Grade Reading Level.

This folder provides a list of various healthy snacks which give lasting energy. A list of snacks which are high in iron is also provided.

Available: Texas Department of Health

## **EL SODIO, PIENSELO BIEN**

### ***SODIUM, THINK ABOUT IT***

Contains information on sodium, how to reduce it in the diet, how to watch for it in processed foods, and cautions consumers to check food labels.

Publication Number (FDA) OM-3002-84S. S. B  
Price: Free - up to 12 copies

Available: Food & Drug Administration

**ALGUNOS HECHOS Y MITOS  
ACERCA DE LA VITAMINAS  
*SOME FACTS AND MYTHS OF  
VITAMINS***

Dispels common myths, and provides a chart showing recommended daily dosages.  
Publication Number (FDA) 79-2117S.  
Price: Free - up to 12 copies  
Available: Food & Drug Administration

**EL LIBRO COLORANTE DE LAS -  
BUENAS COMIDA  
*THE COLORING BOOK OF GOOD  
FOOD***

Elementary School Reading Level.  
This booklet illustrates the four basic food groups and shows examples of each groups.  
Available: Ohio State University Cooperative

**LA IMPORTANCIA DEL HIERRO  
*THE IMPORTANCE OF IRON***

Available: Concilio de Salud Integral de Loiza, Inc.

**LA DIETA DIABETICA  
*THE DIABETIC DIET***

Booklet.  
Discusses diabetic diet calculated in accordance with revised 1976 exchange lists.  
Available: American Diabetes Association

**EL PAQUETE DE ALIMENTOS DE  
WIC. ¿ QÚE HAY EN ESTE  
PAQUETE PARA USTED?**

*THE WIC FOOD PACKET. WHAT IS  
THERE IN THIS PACKET FOR YOU?*  
Available: Florida WIC & Nutrition Services

**LOS PRIMEROS DOCE MESES  
*THE FIRST 12 MONTHS***

This pamphlet is an infant feeding guide. It presents the foods which should be introduced in the infants diet at each month. On the back, nine feeding points are presented.  
Available: Colorado Department of Health

**SER PRUDINTE CUANDO VA DE  
COMPRAS**

***TIPS FOR SHOPPING***

This pamphlet provides suggestions to saving food dollars. Tips are provided for shopping and preparation.

Available: Colorado Department of Health

**ECONOMICE CON LECHE  
DESCREMADA EN POLVO**

***USING POWDER MILK***

Pamphlet.

Available: San Diego County Department of Health Services

**ES LA VITAMINA C PARA  
USTED...DE MI**

***VITAMIN C FOR YOU AND ME***

Available: Texas Department of Health

**LOS MITOS DE LAS VITAMINAS  
*VITAMIN MYTHS***

Adult Reading Level.

This is an article about the myths and possible dangers of taking vitamins.

Available: U. S. Dept. of Health & Human Services

**¡LA VITAMINA A ES BUENA PARA  
SUS OJOS!**

**¡LA VITAMINA C: TOMELA**

**SIEMPRE TODOS LOS DIAS!**

**¡HIERRO: EL CONSTRUCTOR DE  
LA SANGRE!**

**¡EL CALCIO ES BUENO PARA SUS  
HUESOS Y SUS DIENTES!**

***VITAMIN C, CALCIUM, VITAMIN A  
AND IRON***

These are four one page flyers which list foods which are good sources of Vitamin A, Vitamin C, Calcium and Iron. They are simple educational tools which are easy to use in counseling.  
Available: General Mills

## **VITAMINIA A**

### **VITAMIN A**

Pamphlet.

Discusses the need for Vitamin A. It lists good food sources of the vitamin, as well as discusses infant need and sources. The pamphlet is written in easy to understand language.

Available: Colorado Department of Health or Texas Department of Health

## **VITAMINA C**

### **VITAMIN C**

Pamphlet.

Discusses the purpose of dietary Vitamin C. It lists good food sources of the Vitamin, as well as discusses the impact cooking and storing have on the vitamin. It also addresses Vitamin C needs of the infant. It is written in easy to understand language.

Available: Colorado Department of Health

## **ES LA VITAMINA C PARA USTED DE MI**

### **VITAMIN C**

Sixth Grade Reading Level.

This folder describes the importance of Vitamin C to good health. A list of foods high in Vitamin C along with cooking tips is provided.

Available: Texas Department of Health

## **CALCIO**

### **CALCIUM**

Pamphlet.

Outlines calcium rich foods and explains the dietary need for calcium. It is written in simple terms.

Available: Colorado Department of Health

## **HIERRO**

### **IRON**

Pamphlet.

Discusses the need for iron and lists high iron foods. The last page looks at infant iron needs.

Available: Colorado Department of Health

## **EL BIENESTAR DE LA FAMILIA**

### **THE GOOD HEALTH OF THE FAMILY**

This one page flier has the English version on one side and Spanish version on the other side. The flier lists foods high in sugar, salt and fat. It encourages increasing fruits and vegetables.

Available: Colorado Department of Health

## **PUEDE SOCORRER A SU NIÑO GORDITO**

### **YOU CAN HELP YOUR CHUBBY CHILD**

This pamphlet is written in English with the Spanish Translation. It discusses ways to decrease a child's weight. Numerous suggestions for changing eating habits are presented. It is difficult to read.

Available: Colorado Department of Health

## **BIENVENIDOS A WIC**

### **WELCOME TO WIC**

Available: Texas Department of Health

## **¿QUÉ ES WIC?**

### **WHAT IS WIC?**

Available: Tulare County Dept. of Health

## **¿QUÉ ES MBN (WIC)?**

### **WHAT IS WIC?**

Adult Reading Level.

Provides information concerning importance of vitamins and minerals in a child's diet. Shows maximums and minimums for a baby, a young child, a pregnant woman and a nursing mother.

Available: Ross Laboratories

## **WIC LE AYUDA A USTED Y A SUS HIJOS**

### **WIC HELP FOR YOU AND YOUR CHILDREN**

High School Reading Level.

This folder provides a concise description of the WIC program as well as offering a list of nutritive elements essential for babies and children. An explanation of how to apply for WIC foods is provided.

Available: Wyeth Ayerst Laboratories

**BUENOS AVISOS PARA EVITAR  
ALERGIAS DE INFANTES**

***WISE TIPS FOR AVOIDING INFANT  
ALLERGIES***

This pamphlet provides information on infant allergies and suggestions for avoiding food allergies.

Available: Colorado Department of Health

**AUDIOVISUAL AIDS**

***DIET AND THE MANAGEMENT OF  
INSULIN DEPENDENT DIABETES***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Emphasizes that, while important to everyone's health, a good, well-balanced diet is especially important for the person with diabetes.

Available: Medcom/Trainex, Inc.

***DIET AND THE MANAGEMENT OF  
NON-INSULIN DEPENDENT  
DIABETES***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Explains the importance of diet and reinforces this point with an explanation of the relationship of non-insulin dependent diabetes to diet.

Available: Medcom/Trainex, Inc.

***DIET AND YOUR HEART***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents fundamental information about blood, cholesterol, and triglyceride with emphasis on how they can be affected by diet. Explains the importance of fat restriction, carbohydrate restriction, and weight control.

Available: Medfact, Inc.

***EAT, DRINK AND BE WARY***

16mm, sound, color, 21 min.

Examines our eating habits, nutritional losses in food processing, food additives, and the role of food manufacturers in changing our diets.

Available: Churchill Films

***FIRST FOODS***

16mm, Super 8mm with Fairchild cassette, 3/4" video cassette, sound, color.

Discusses nutrition for infants during the first year of life. Package includes one leader's guide and twenty wall charts.

Available: Society for Nutrition Education

***SABOR Y SALUD***

***FLAVOR AND HEALTH***

A nutrition radio tape series. Materials produced for the series include the series itself: 11 tapes with 10 tapes each containing 5 programs and one promotional tape-a project guide, project planning kit, weekly recipe hand-out and promotional poster.

Available: American Heart Association

***FOOD AND GROWTH***

16mm, sound, color, 12 min.

Explains how food is digested in the mouth, stomach, and intestine; how it is carried by the circulatory system to the cells, allowing cell division and growth.

Available: Churchill Films

***GREAT EXPECTATIONS***

16 mm, Super 8mm with Fairchild cassette, 3/4" video cassette, sound color.

Covers the nutritional needs of pregnant and nursing women. Package includes one leader's guide.

Available: Society for Nutrition Education

***LA NUTRICIÓN: EL AMBIENTE  
INTERIOR***

***NUTRITION: THE INNER  
ENVIRONMENT***

16mm, sound, color, 15 min.

Narrated by Rafer Johnson, Olympic gold medalist, gives a clear view of what a sensible diet is and why.

Available: American Educational Films

**MEJORE SU DIETA; LEA LA ETIQUETA**

**READ THE LABEL; SET A BETTER TABLE**

16mm, sound, color, 14 min. Narrated by Dick Van Dyke.

Explains how to read nutrition information on foods product labels, the roll nutrients play in a balanced diet; and foods rich in the different nutrients.

Available: Food & Drug Administration

**LA GRAN MESA DE COMIDA  
THE BIG DINNER TABLE**

13 minutes.

Introduces primary age children to the fundamental concepts of nutrition.

#687

Price: \$245.00

Available: Professional Research, Inc.

**THE DIET IN DIABETES**

Sound, color. Available in 35mm filmstrip, slide, video tape, and other formats.

Discusses the new ADA exchange lists, calories, and all aspects of nutrition as it pertains to the diabetic followed by several examples of the use of exchange lists.

Available: Medfact, Inc.

**THE REAL TALKING, SINGING,  
ACTION MOVIE ABOUT NUTRITION**

16mm, sound, color, 14 minutes.

Discusses the impact of food choice on body development, personality, and self-image.

AA 3641.

Available: Paramount Communications

**CONTROL DE PESO  
WEIGHT CONTROL**

13 minutes.

Describes the relationship of overweight to specific illnesses including heart disease.

Details basic guidelines for safe and sane weight management.

#2801

Price: \$295.00

Available: Professional Research, Inc.

**WEIGHT REDUCTION AND CONTROL**

16mm, Super 8mm, video tape, sound, color, 13 minutes.

Basic definitions of obesity, overweight, calories; relationship of obesity to cardiovascular and other chronic illnesses; guidelines for safe and sane weight management.

Available: Professional Research, Inc.

**¿QUÉ ES BUENO PARA COMER?  
WHAT'S GOOD TO EAT?**

17 minutes.

Shows how the body uses nutrients from food and how the food groups provide a useful guide for making reasonable choices and tasty combinations.

#691

Price: \$320.00

Available: Professional Research, Inc.

**YOU-AND YOUR FOOD**

16mm, sound, color, 8 minutes.

Shows the diet needs of many animals and explains the role a balanced diet (meat, cereal, dairy products, fruits, vegetables) plays in helping maintain health.

Available: Coronet/MTI Film & Video

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## ORGAN DONATION

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**SOBRE LA DONACION DE**

**ORGANOS Y TEJIDOS**

*ORGAN & TISSUE DONATION*

14449 - 15933

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

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## ORTHOPEDICS

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### AUDIOVISUAL AIDS

#### *CAST CARE*

09092-

16mm, Super 8mm, video, sound, color,  
17 1/2 minutes.

Presents the application and removal of plaster casts; bathing, walking, adjustment of fit; coping with itching and irritation; and warning signs.

Available: **Professional Research, Inc.**

#### *LOW BACK PAIN*

16mm, Super 8mm, video tape, sound, color,  
14 minutes.

Discusses the structure and function of the back and spinal cord, back problems and their causes.

Available: **Professional Research, Inc.**

#### *NECK PAIN*

16mm, Super 8mm, video tape, sound, color,  
18 minutes

Discusses the structure and function of the neck and causes of neck pain; features the importance of rest, traction, neck collars, exercises in preventing future problems..

Available: **Professional Research, Inc.**

#### *TOTAL HIP REPLACEMENT*

16mm, Supper 8mm, video tape, sound, color,  
16 minutes.

Explains how the new joint works; gives indications and techniques as well.

Available: **Professional Research, Inc.**



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## PARENTING

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### **UN MANUAL SOBRE LA SEGUIRIDAD DEL NIÑO**

#### ***A MANUAL ON THE SAFETY OF YOUR CHILD***

Pamphlet.

Presents common accidents to children from the newborn baby to the 12- year-old and ways to prevent them; gives advice on safe and unsafe toys, and gives information on emergency care for poisoning.

Available: Gerber Products Company

### **UN PROGRAMA PARA DESARROLLAR EL POTENCIAL DE LOS NIÑOS**

#### ***A PROGRAM TO DISCOVER THE POTENTIAL OF YOUR CHILDREN***

Available: Texas Department of Health

### **SOBRE LAS HABILIDADES DE SER MADRE O PADRE**

#### ***ABOUT PARENTING***

16758 - 18168 - 2683D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **CONOCIENDO A SU RECIEN NACIDO**

#### ***ADVICE ABOUT YOUR NEWBORN***

Adult Reading Level.

Explains responsibilities of being a parent.

Tells how a baby cries when he is hungry; when he is uncomfortable, etc., and how he expresses satisfaction with a smile or a look. Details importance of contact between parent and child.

Available: Johnson & Johnson Information Center

### **EL DESARROLLO DEL NIÑO EN EL HOGAR**

#### ***CHILD DEVELOPMENT IN THE HOME***

Booklet.

Describes some of the guidelines needed by the young child to help him develop self-esteem, ingenuity, responsibility, decision-making and problem solving abilities, etc. Also discusses things such as rewards, toys and chores for the

child.

DHEW Publ. No. (OHD) 30049.

Available: LSDS

### **LOS PROCESOS DEL DESARROLLO INICIAL**

#### ***CHILD DEVELOPMENT***

Junior High Reading Level.

Describes development stages of babies from birth to two years old. Photographs show typical activities for different stages of development.

Available: Ross Laboratories

### **LA DISCIPLINA: UNA GUIA PARA LOS PADRES**

#### ***CHILD DISCIPLINE: GUIDELINES FOR PARENTS***

Learning what discipline is and knowing when discipline stops and punishment and abuse begin are essential for good parenting practices. This booklet looks at discipline as a positive experience for children and clarifies the differences among discipline, punishment, and abuse by investigating the purposes and probable results of each.

Price:

1 +	\$2.50	5,000 +	\$ .80
6 +	\$2.25	10,000 +	\$ .70
11 +	\$1.75	25,000 +	\$ .60
26 +	\$1.50	50,000 +	\$ .50
100 +	\$1.00	75,000 +	\$ .40
1,000 +	\$ .90	100,000 +	\$ .30

Stock No. 1E-80-202.

Available: National Committee For Prevention of Child Abuse

### **NIÑOS Y ACCIDENTES EN EL HOGAR**

#### ***CHILDREN AND ACCIDENTS IN THE HOME***

Booklet.

Describes the major causes of accidents and gives a checklist by age groups of accident-causing situations to avoid.

DHEW Publ. No. (OPHD) 30061.

Available: U. S. Government Printing Office

**CHILDREN'S FOOT TIPS**

Leaflet.

Gives advice on good foot care for the child.

Available: California College of Podiatric  
Medicine

**SOBRE LOS NIÑOS CON  
NECESIDADES ESPECIALES**

*CHILDREN WITH SPECIAL NEEDS*

16766 - 15891 - 2703C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**SOBRE LA VIOLENCIA EN EL  
HOGAR**

*FAMILY VIOLENCE*

16741 - 18713 - 2680D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LA GUIA PARA PADRES  
GUIDE FOR PARENTS**

An amusing and colorful book on how to cope  
with the challenges of raising a child.

Available: New York State Dept. of Social  
Services

**COMO AYUDAR A SU NIÑO A  
APRENDER**

*HELP YOUR CHILD LEARN*

18416 - 19315 - 2675C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**EL CUIDADO DE SU BEBÉ  
INFANT CARE**

Booklet.

Covers the many aspects of infant care such as  
handling, feeding, clothing, and bathing. Also  
discusses the infant's development.

DHEW Publ. No. (OHD) 76-30013.

Available: U. S. Government Printing Office

**EL CUIDADO DE SU BEBÉ  
INFANT CARE**

Stock No. 017-091-00238-0

Price: \$4.50

Available: Superintendent of Documents

**PROBLEMAS DEL LENGUAJE  
LANGUAGE PROBLEMS**

Available: Texas Department of Human  
Resources

**SOBRE LOS NIÑOS QUE LLEVAN  
LA LLAVE DE LA CASA**

*LATCH KEY CHILDREN*

16808 - 13946 - 2836D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LIBRO DE MI BEBÉ  
MY BABY'S BOOK**

High School Reading Level

Has pictures of babies 4 months to 4 years old  
doing things children their ages should be able  
to do. If your baby can't do these things it lists a  
phone number you should call. The last page  
lists ages for check-ups and what should be  
done at these check-ups.

Available: Colorado Department of Education

**MI NIÑO NO QUIERE COMER  
MY CHILD DOESN'T WANT TO EAT**

Available: San Diego County Department of  
Health Services

**NUTRICIÓN DE SU BEBÉ  
DURANTE EL PRIMER AÑO DE  
VIDA**

*NUTRITION FOR YOUR BABY*

*DURING THE FIRST YEAR OF LIFE*

This is a complete guide to feeding a baby  
during the first year of life. It stresses that  
babies are not small adults and have very spe-  
cial needs.

Available: Mead Johnson

**¡AY NO! ¿QUÉ HAGO AHORA?  
MENSAJES SOBRE LA  
SEXUALIDAD: COMO DAR SUS  
MENSAJES A SUS HIJOS**

*OH NO! WHAT DO I DO NOW?  
MESSAGES ABOUT SEXUALITY:  
HOW TO GIVE YOURS TO YOUR  
CHILD*

24 pp.

Offers information to parents on how to talk to children about sexuality in a question and answer format.

Price: \$1.50 each

Available: Siecus

**EL VINCULO ENTRE PADRES E  
HIJOS; EL DESARROLLO DE LA  
INTIMIDAD**

*PARENT-CHILD BONDING: THE  
DEVELOPMENT OF INTIMACY*

Answers questions asked by parents and others about the parent-child bonding process: what it is, when it occurs, factors that hinder it, and ways to encourage the process.

Publication Number ISBN 0-9370-6-27-1.

Price:

\$1.25 each,	1-5 copies
\$1.00 each,	6-10
\$.90 each,	11-25
\$.70 each,	26-99
\$.50 each,	100 +

Available: National Committee For Prevention of Child Abuse

**CHARLA FRANCA: ACERCA DE  
NIÑOS CON DIFICULTADES DE  
APRENDZAJE**

*PLAIN TALK ABOUT CHILDREN WITH  
LEARNING DISABILITIES*

Discusses reasons children have trouble learning, peer behavior, how to help, and sources of assistance.

Available: National Institute of Mental Health

**CHARLA FRANCA: SOBRE LA  
CRIANZA DE SUS HIJOS  
PLAIN TALK ABOUT CRYING  
CHILDREN**

Available: National Institute of Mental Health

**"CHARLA FRANCA"/COMO  
TRATAR AL NIO ENOJADO  
PLAN TALK/HOW TO TREAT THE  
ANGRY CHILD**

This is a complete discussion of what future parents should consider before having children. The topics included are balancing family and marital life, work and responsibilities.

Available: National Institute of Mental Health

**CUIDADO PRENATAL  
PRENATAL CARE**

Booklet.

Gives the expectant mother advice on diet and health, clothing and personal hygiene, and discusses common complaints and what to do about them. Discusses delivery, the post-partum period, and the newborn child's needs.

DHEW Publ. No. (OHD) 75-30012.

Available: U. S. Government Printing Office

**PREPARENTHOOD EDUCATIONAL  
PROGRAM (PEP)**

A Kit, with components also available separately. Designed primarily for school-age parents, PEP applies equally well to general use in junior and senior high schools, and health clinics. Contains multiple copies of the following titles: *Discussion Guide, Junk Food Blues, Days of Change (prenatal care), Food for Thought ...and Eating Inside Your Body...Inside Your Head.*

Available: The National Foundation of March of Dimes

**UNA NOTA PARA PADRES DE  
NIÑOS EN EDAD PREESCOLAR  
PRESCHOOL CHILDREN**

Available: Texas Department of Health

**COMIDA PARA BEBÉS  
PREPARADA EN CASA  
PREPARING BABY FOOD AT HOME**

Adult Reading Level.

This is an excellent guide of how to prepare homemade baby food. The book gives good instructions on how to prepare and store vegetables, fruits, meats, and eggs.

Available: San Diego County Department of Health Services

**LA CRIANZA DE SUS HIJOS**  
**RAISING CHILDREN**

Provides useful guidelines and advice on raising children.

Publication Number (ADM) 82-0875

Available: American Speech-Language-Hearing Foundation

**FAMILIAS CON SOLO UNO DE**  
**LOS PADRES**  
**SINGLE PARENT FAMILIES**

Adult Reading Level.

This is a guide to coping with the problems of being a single parent. It includes case histories and suggestions on how to find help.

Available: National Institute of Dental Research

**¿VA A SER UN NUEVO PADRE?**  
**SO YOU'RE GOING TO BE A NEW**  
**FATHER?**

Booklet.

Addressed to prospective fathers, offers counsel and suggestions on what to expect, things to do and not to do, and how to support and comfort their wives during this period. Explains physical changes in the mother and the moods and feelings that both the mother and the father often experience.

Available: U. S. Government Printing Office

**LOS ADOLESCENTES QUE**  
**TIENEN NIÑO**  
**TEEN PARENTHOOD**

16725 - 14936 - 2466C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**EL LIBRO DEL BEBÉ**  
**THE BABY MANUAL**

Booklet.

Contains general information on caring for the baby. Covers subjects such as diet for the expectant mother, clothing for the baby, preparing the baby's room, bathing, exercises, feeding and nutrition, development and common symptoms of illness.

Available: Gerber Products Company

**LA SEGURIDAD DE SU BEBÉ**  
**THE SAFETY OF YOUR BABY**

Adult Reading Level.

Describes activities of a baby divided by months and helps parents to take safety precautions. Contains advice for feeding babies from 6 to 12 months.

Available: Ross Laboratories

**LO QUE DEBEN SABER TODOS**  
**LOS PADRES**

**WHAT EVERY PARENT SHOULD**  
**KNOW**

How do you cope with a crying infant, a procrastinating toddler, an indifferent teenager? This booklet provides practical suggestions on how to cope with kids. It explains discipline concepts and techniques and gives a successful method to resolve conflicts so that the rights and needs of both the parent and the child are respected and met. Excellent material for parents, kids, teachers, and parenting courses.

Price:

1 +	\$2.50	5,000 +	\$ .80
6 +	\$2.25	10,000 +	\$ .70
11 +	\$1.75	25,000 +	\$ .60
26 +	\$1.50	50,000 +	\$ .50
100 +	\$1.00	75,000 +	\$ .40
1,000 +	\$ .90	100,000 +	\$ .30

Stock No. 1E-78-201.

Available: National Committee For Prevention of Child Abuse

**¿POR QUÉ SEGUIR EN LA**  
**ESCUELA?**

**WHY STAY IN SCHOOL**

18473 - 19331 - 2701D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**SUS NIÑOS SON IMPORTANTES**  
**YOUR CHILDREN ARE IMPORTANT**

Available: San Diego County Department of Health Services

**SU NIÑO ENTRANDO A LA**  
**ESCUELA**

**YOUR CHILD ENTERING SCHOOL**

18408 - 18341 - 2393C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE USTED DEBERIA SABER  
SOBRE COMO DISCIPLINAR A  
SUS HIJOS**

*YOUR CHILD DEVELOPMENT - 0-3*  
19877 \*4811

*YOUR CHILD DEVELOPMENT - 3-6*  
19885 \*4312

*YOUR CHILD DEVELOPMENT - 6-9*  
19893 \*4813

*YOUR CHILD DEVELOPMENT - 9-12*  
19901 \*4314

Price: varies depending on quantities ordered  
Available: Channing L. Bete Company, Inc.

**CAMBIOS Y ELECCIONES -- SUS  
HIJOS Y LA SEXUALIDAD**

*YOUR CHILDREN'S SEXUALITY*

Adult Reading Level.

This booklet discusses the various stages a child goes through as she/he begins to form her/his sexual self. It offers ways a parent may guide her/his child in gathering information and in forming moral values.

Available: National Clearinghouse for Primary  
Care Information

**LA FORMULA DE SU BEBÉ  
YOUR BABY'S FORMULA**

Leaflet.

Offers step-by-step instructions on formula preparation, feeding, bathing the infant, and exercises for the new mother. Also available, Plan de Alimentacin (*Feeding Plans*), a booklet of tear-out daily infant feeding plans.

Available: Carnation Company

**AUDIOVISUAL**

**BOY TO MAN**

For Ages 11-13.

16mm, sound color, 14 1/4 minutes.

Uses animation and a conceptual framework to discuss physiological changes at maturation.

Available: Churchill Films

**FIRST FOODS**

16mm, Super 8mm with cassette, 3/4" video cassette; sound, color.

Discusses nutrition for infants during the first year of life. Package includes one leader's guide and twenty wall charts.

Available: Society for Nutrition Education

**GIRL TO WOMEN**

Ages 10-12.

16mm, sound, color, 17 minutes.

Outlines the change from girlhood using animation to aid in discussing growth and development.

Available: Churchill Films

**INTRODUCTION TO INFANT CARE**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Intended for hospital workers, provides information on feeding, bathing, skin care, safety precautions, taking the rectal temperature, care of diapers, home environment adjustments, and self-care for the mother. Designed to generate self-confidence in the new mother.

Available: Medcom/Trainex, Inc.

**STEPS TOWARD MATURITY AND  
HEALTH**

16mm, sound, color, 10 minutes.

Traces the development of life from prebirth through adolescence, and emphasizes that only by accepting responsibility for oneself can harmony be attained.

Available: Coronet/MTI Film & Video

**EL RECIEN NACIDO  
THE NEW BABY**

16mm, sound, color, 20 minutes.

Illustrates the correct routine in baby care.

Deals with bathing, feeding, sleeping, clothing, and general comfort of the infant.

Available: National Film Board of Canada

**THEN ONE YEAR**

Ages 10-13.

16mm, and 8mm, sound, color, 19 minutes.

Deals with the primary and secondary changes at adolescence in boys and girls.

Available: Churchill Films

***YOUR NEW BABY***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses all aspects of the care of the newborn infant. Intended for the mother of the first born at the time she leaves the hospital.

**Available: Medfact, Inc.**

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## PARKINSON'S DISEASE

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**EL MAL DE PARKINSON:  
INFORMACIÓN PARA EL  
PACIENTE Y SU FAMILIA**  
*WHAT YOU AND YOUR FAMILY  
SHOULD KNOW ABOUT  
PARKINSON'S*

Describes symptoms and treatment, including  
proposed diet, and daily exercise program.

**Available: National Parkinson Foundation**

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## POISONS

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**DANIEL EL TRAVIESO SE  
ENFRENTARA AL VENENO**

*DENNIS THE MENACE WILL  
ENCOUNTER POISON*

Third Grade Reading Level.

Comic book in which Dennis the Menace shows how poisonous materials are in every part of the house. Dennis tells how to keep them in a safe place out of children's reach.

Available: U. S. Dept. of Health & Human  
Services

**PROTEJA SU NIÑO**

*PROTECTING YOUR CHILD*

Fourth Grade Reading Level

Discusses toxic substances that are used in the home and how to keep them out of children's reach. Explains the meaning and purpose of *Mr. Yuk*.

Available: Yakima Valley Farm Workers Clinic



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## PRENATAL CARE

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### **SOBRE EL ULTRASONIDO**

#### **ABOUT ULTRASOUND**

12583 - 13623 - 2377C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **LA AMENIA**

#### **ANEMIA**

Available: La Leche League International

### **¿ESTAS PERDIENDO TU LECHE?**

#### **ARE YOU LOSING YOUR MILK?**

Available: La Leche League International

### **TENGA BUEN CUIDADO DE SU**

#### **BEBÉ ANTES QUE NAZCA**

#### **BE GOOD TO YOUR BABY BEFORE IT'S BORN**

Adult Reading Level.

Booklet.

Discusses pre and post-natal nutrition, giving food groups and portion size; with illustrations, describes proper care and body changes during pregnancy. Advises pregnant women to see a doctor; describes development of fetus by months, and talks about nutrition and the basic food groups. Also advises pregnant women to consult a doctor before taking any medication. Discusses problems medications can cause in pregnant women.

9-0110.

Available: March of Dimes Birth Defects  
Foundation

### **ANTES Y DESPUES DEL PARTO**

#### **BEFORE AND AFTER THE DELIVERY**

Practical aspects for new parents.

Available: Mead Johnson

### **ENTIENDO EL PARTO**

#### **BIRTH**

Adult Reading Level.

An illustrated book that advises a pregnant women about what to do at the time of birth. Explains what happens at birth, how to stay calm, how to recognize labor pains and how to know if they are premature or legitimate con-

tractions. Advises on when to go to the hospital.

Available: Redgrave Publishing Company

### **INSTRUCCIONES PARA**

#### **AMAMANTAR AL BEBÉ**

#### **BREAST-FEEDING INSTRUCTIONS**

Card. On one side, gives instructions on breast-feeding, on the other, gives brief instructions on formula preparation.

Available: Carnation Company

### **EL CUIDADO DE LOS PEZONES**

#### **CARE OF THE NIPPLES**

Available: La Leche League International

### **SOBRE EL PARTO...UNA GUÍ DE LOS SERVICIOS DE MATERNIDAD DE LOS HOSPITALES**

#### **CHILD BIRTH**

11817 - 16071 - 2844C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **CONFIDENCIAL - PARA PADRES DE FAMILIA Y FUTUROS PADRES DE FAMILIA**

#### **CONFIDENTIAL - FOR FATHERS AND FUTURE FATHERS**

High School Reading Level.

This short handout stresses the importance of taking care of mother and child before delivery. Importance is placed on the role the father plays during his wife's pregnancy.

Available: March of Dimes Birth Defects  
Foundation

### **PLAN DE ALIMENTACIÓN**

#### **DURANTE EL EMBARAZO**

#### **DIET DURING PREGNANCY**

Available: General Mills, Inc.

### **COMIENDO PARA DOS. SALUD PARA USTED Y SU BEBÉ**

#### **EATING FOR TWO. HEALTH FOR YOU AND YOUR BABY**

Available: Texas Department of Health

**DATOS SOBRE DEFECTOS  
NATALES**

**FACTS ABOUT BIRTH DEFECTS**

Answers questions most often asked, and gives a checklist with 14 questions.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE DIAGNOSIS  
PRENATAL**

**FACTS ABOUT PRENATAL  
DIAGNOSIS**

Provides questions and answers concerning prenatal tests and diagnoses, such as amniocentesis and sonogram, and what these tests reveal; includes a glossary.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE LA NUTRICIÓN  
PRENATAL**

**FACTS ABOUT PRENATAL NUTRITION**

Discusses the effects of good nutrition during pregnancy and how this affects the baby; includes a chart of daily nutritional needs.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE LA RUBEOLA  
FACTS ABOUT RUBELLA**

Supplies information in a question-and-answer format about rubella during pregnancy.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**ALIMENTOS PARA USTED Y SU  
BEBÉ ANTES DE NACER**

**FOODS FOR YOU AND YOUR BABY  
BEFORE BIRTH**

Adult Reading Level

This is an excellent folder which can also be used for a small poster. It answers questions such as how much weight should a pregnant woman gain, what types of foods a pregnant woman should eat (and what quantity), and which habits they should avoid (smoking, etc.). The back of the folder shows pictures of the four food groups with an explanation of how

many portions of each a pregnant woman should eat.

Available: Division of Health Services

**ALIMENTOS PARA PENSAR Y  
COMER**

**FOODS FOR THINKING AND EATING  
Pamphlet.**

In comic book format presents facts on pregnancy with emphasis on diet and nutrition.

Available: March of Dimes Birth Defects Foundation

**EL LIBRO DEL BEBÉ  
UTIL MANUAL DE INFORMACIÓN  
GENERAL BABY BOOK**

Adult Reading Level.

This booklet is designed to give new mothers and fathers some of the basics of prenatal preparation and baby care during the early months after the baby's birth. The concepts are in keeping with modern practice in baby care, based largely upon the recommendations of doctors, nurses and nutritionists. It also includes answers to many questions most frequently asked by mothers.

Available: Gerber Products Company

**ASÍ QUE ÉSTA ESPERANDO UN  
BEBÉ**

**GOING TO HAVE A BABY**

11288 - 16048 - 2637D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**COMO TENER UN EMBARAZO  
SALUDABLE**

**HEALTHY PREGNANCY**

12310 - 14589 - 2440C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**COMO DARLE EL PECHO A SU  
BEBÉ**

**HOW TO BREAST FEED YOUR BABY**

Available: Ross Laboratories

**YO CUIDO MI BEBÉ DESDE AHORA**

***I CARE FOR MY BABY ALREADY***

Junior High Reading Level.

These booklets give orientation to future mothers in relation to nutrition family relations, personal appearance and development stages of the expected baby.

Available: Servicios Prenatales

**INFORMACIÓN PARA PACIENTES EMBARAZADAS**

***INFORMATION FOR PREGNANT WOMEN***

Adult Reading Level.

Describes the female organs, how a fetus is formed and how to perform a breast self-examination. Discusses sexual relations during pregnancy, natural child birth and other concerns for pregnant women. Examines advantages of breast feeding.

Available: Clinica Sierra Vista

**DATOS SOBRE EL DIAGNOSTICO PRENATAL**

***INFORMATION ON PRENATAL DIAGNOSIS***

Adult Reading Level.

Provides questions and answers concerning prenatal diagnosis. Describes amniocentesis, sonograms and possible reasons for termination of pregnancy. Glossary of terms.

Available: Seccion de Enfermedades Geneticas

**LA MARIHUANA Y EL EMBARAZO MARIJUANA AND PREGNANCY**

Available: Concilio de Salud Integral de Loiza, Inc.

**NOMBRES PARA NIÑOS Y NIÑAS  
*NAMES FOR BOYS AND GIRLS***

**LA NUTRICIÓN...ES UNO DE LOS FACTORES MAS IMPORTANTES EN EL CUIDADO PRENATAL  
*NUTRITION IN PRENATAL CARE***

Available: Concilio de Salud Integral de Loiza, Inc.

**ALIMENTO PARA LA ADOLESCENTE EMBARAZADA  
*NUTRITION FOR THE PREGNANT ADOLESCENT***

Available: Texas Department of Health

**¡ASÍ QUE USTED PIENSA QUE VA A TENER UN BEBÉ!**

***PREGNANCY SYMPTOMS***

Sixth Grade Reading Level.

Describes some symptoms that a pregnant woman should report to her doctor.

Available: Ross Laboratories

**¿EMBARAZADA? ANTES DE DARSE UN TRAGO, PIENSE...  
*PREGNANT? THINK BEFORE YOU DRINK***

Advises pregnant women about the consequences of alcohol during the prenatal period.

Available: March of Dimes Birth Defects Foundation

**CUIDADO PRENATAL  
*PRENATAL CARE***

Stock No. 017-091-00209-6

Price: \$4.50

Available: Superintendent of Documents

**PREVENCIÓN DE DEFECTOS CONGENITOS CAUSADOS POR RUBEOLA (SARAMPION ALEMAN)  
*PREVENTION OF CONGENITAL DEFECTS CAUSED BY RUBELLA***

Provides information on damage caused by measles, and points out misconceptions of smallpox as synonymous with rubella; advises immunization for children as well as prenatal testing.

Available: March of Dimes Birth Defects Foundation

**PREVENCIÓN DE DEFECTOS CONGENITOS CAUSADOS POR RUBEOLA  
*PREVENTING BIRTH DEFECTS CAUSED BY RUBELLA***

Leaflet.

Discusses the dangers and prevention of rubella

(German Measles).

9-0138.

Available: March of Dimes Birth Defects Foundation

**PREGUNTAS Y RESPUESTAS  
SOBRE SINDROME DE DOWN**  
*QUESTIONS AND ANSWERS ABOUT  
DOWN SYNDROME*

Addresses prenatal diagnosis, genetic factors, and impact on the parents of a child with Down syndrome.

Available: March of Dimes Birth Defects Foundation

**ALGO MARAVILLOSO PARA DOS**  
*SOMETHING MARVELOUS FOR  
BOTH OF YOU*

High School Reading Level.

This "novela" is written in dialogue form. It involves the story of a young couple who are going to have their second baby. This booklet would be very attractive for high school students and young adults who are thinking about having children.

Available: Parent Education Project

**TIEMPO DEL VIAJE 9 MESES**  
*THE NINE MONTH TRIP*

Available: March of Dimes Birth Defects Foundation

**LOS (9) NUEVE MESES MÁS  
IMPORTANTES EN LA VIDA**  
*THE MOST IMPORTANT NINE  
MONTHS IN LIFE*

Leaflet.

Contains advice for the pregnant woman on what she should and should not do.

Available: United Cerebral Palsy Association

**EL ARTE FEMININO DE  
AMAMANTAR**  
*THE WOMANLY ART OF  
BREASTFEEDING*

Handbook.

Covers a broad range of subjects such as how often and long to nurse, how to manage older children and criticism from friends and relatives, problems such as sore nipples, and emphasizes the benefits to the child and the

mother from breast-feeding..

Available: La Leche League International

**LA MONILIASIS**  
*THRUSH*

Available: La Leche League International

**¡CUANDO USTED BEBE, SU BEBÉ  
POR NACER BEBE TAMBIÉN!**  
*WHEN YOU DRINK, YOUR UNBORN  
BABY DOES TOO!*

Leaflet.

Explains fetal alcohol syndrome and the damaging effects of drinking on the unborn child.

9-0172

Available: March of Dimes Birth Defects Foundation

**CUANDO LA VIDA DEL BEBÉ ESTA  
TAN LIGADA A LA SUYA PROPIA**  
*WHEN THE BABY'S LIFE IS SO MUCH  
YOUR OWN*

Publication No. (FDA) 80-1057S

Available: Food & Drug Administration

**CUANDO TIENE NAUSEA Y  
VOMITOS DURANTE SU  
EMBARAZO**

*WHEN YOU HAVE MORNING  
SICKNESS OR NAUSEA*

This pamphlet is directed toward pregnant women who are suffering from morning sickness. It provides helpful tips which can be followed throughout the day.

Available: Colorado Department of Health

**POR QUÉ SU NIÑO ES  
EXAMINADO POR PKU**  
*WHY YOUR BABY IS EXAMINED FOR  
PKU*

Available: Colorado Department of Health

**¿POR QUÉ AMAMANTAR A SU  
BEBÉ?**  
*WHY NURSE YOUR BABY?*

Leaflet.

Describes the reasons for breast-feeding the infant.

Available: La Leche League International

## **LAS RADIOGRAFÍAS EQUIS Y EL EMBARAZO**

### **X-RAYS AND PREGNANCY**

Poster

Publication No. (FDA) 1045S

Available: Food & Drug Administration

## **SU CUIDADO PRENATAL NIÑOS SANOS TRAEN UN FUTURO ORGULLOSO TENER CUIDADO DURANTE SU EMBARAZO**

### **YOUR PRENATAL CARE**

Available: Centro de Salud Familiar, LA FE

## **VAMOS A SER PADRES**

### **YOU ARE GOING TO BE PARENTS**

High School Reading Level.

Provides information for expectant parents to prepare them for the arrival of the baby. Advises them on how to deal with a newborn. Discusses characteristics and medical considerations for the newborn.

Available: Ross Laboratories

## **AUDIOVISUAL AIDS**

### **ANTES DE QUE NAZCA SU BEBÉ BEFORE THE BIRTH OF YOUR BABY**

Available: Wyeth Ayerst Laboratories

### **BREAST-FEEDING**

Sound, color. Available in 35mm filmstrip, slides, video tape and other formats.

Gives a comprehensive discussion of all aspects of breast-feeding with do's and don'ts.

Available: Medfact, Inc.

### **DIETA EN EL EMBARAZO**

#### **DIET DURING PREGNANCY**

Available: San Diego County Department of Health Services

### **INFANT CARE-BREAST FEEDING**

Sound, color. Available in 35 mm filmstrip, slides, video tape and other formats.

Shows how to position infant for feeding and how to help the infant find the breast. Discusses importance of using alternate breasts, and ex-

plains how to relax.

Available: Medcom/Trainex, Inc.

### **POSTPARTUM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Features the new mother's need for rest, proper diet, adequate amounts of fluids and moderate exercise following the delivery of her baby.

Covers common problems such as urinating difficulty, constipation, and "after-pains." Explains breast care for both nursing and non-nursing mothers.

Available: Medcom/Trainex, Inc.

### **PRENATAL MANAGEMENT**

16mm, Super 8mm, video tape, sound, color, 7 1/2 minutes.

Gives instructions for adapting to the prenatal period, hygiene, coping with minor discomforts, and warning signals.

Available: Professional Research, Inc.

### **THE FIRST TRIMESTER-NINE MONTHS TO MOTHERHOOD**

Sound, color. Available in 35mm filmstrip, slides, video tape and other formats.

Explains physical changes of the mother and development of the baby during the first three months of pregnancy. Covers the essentials of good prenatal health, warning signs of possible complications, the effects of smoking and drinking on the unborn child, and the expectant mother's first visit to the doctor.

Available: Medcom/Trainex, Inc.

### **THE SECOND TRIMESTER-SIX MONTHS TO MOTHERHOOD**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Reviews the first three months of pregnancy,, then examines the baby's development during the second three months, including the first movements felt by the mother, beginning about five calendar months before the expected birth date.

Available: Medcom/Trainex, Inc.

### **ERES LO QUE COMES YOU ARE WHAT YOU EAT**

A video novela about pregnancy and nutrition. VHS, BETA. Price: \$190

Available: Novela Health Foundation

March, 1989

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## PROVIDER INFORMATION

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### **¿QUÉ PASO?**

An English-Spanish Guide for Medical

Personnel

Available: University of New Mexico Press

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## RABIES

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**LA RABIA**

*RABIES*

Available: Texas Department of Health

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## RAPE

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*RESOURCES FOR MATERIALS IN  
SPANISH CONCERNING SEXUAL  
VIOLENCE AGAINST WOMEN AND  
CHILDREN*

Lists pamphlets on sexual assault and rape that are distributed by other local and national organizations.

**Available: National Center for the Prevention  
& Control of Rape**

**PODRIAS SER TU  
IT COULD BE YOU**

Elementary School Reading Level.

Describes rape and offers suggestions for prevention.

**Available: Departamento de Salud**



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## REYE'S SYNDROME

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*BECAUSE YOU NEED TO KNOW*

Provides information on Reye syndrome.

Price: \$.08 each

Available: National Reye's Syndrome  
Foundation

**EL SÍNDROME DE REYE**

*REYE SYNDROME*

Available: Food & Drug Administration

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## ROCKY MOUNTAIN FEVER

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### **LA FIEBRE DE LAS MOÑTANAS ROCOSAS**

#### ***ROCKY MOUNTAIN FEVER***

Adult Reading Level.

Discusses signs and symptoms of Rocky Mountain Fever, an illness transmitted by a tick and present only in the Rocky Mountain area. Discusses preventive measures and how to remove a tick that has lodged in the skin.

Available: N.C. Department of Human Services

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## **SAFETY & FIRST AID**

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### **SUGERENCIAS DE PRIMERAS AUXILIOS**

#### ***A GUIDE FOR FIRST AID***

Sixth Grade Reading Level.

This hand-out describes why accidents happen. It provides a list for writing down emergency numbers to keep near the phone.

Available: U. S. Consumer Product Safety Commission

### **UNA GUÍA PARA AYUDARLE A CURAR LAS HERIDAS Y COMO PREVENIR ACCIDENTES DE NIÑOS EN SU CASA**

#### ***A GUIDE TO HELP VICTIMS AND HOW TO PREVENT ACCIDENTS OF CHILDREN IN YOUR HOME***

Available: North County Health Services

### **GUÍA PARA PREVENIR ENVENENAMIENTO**

#### ***A GUIDE TO PREVENT POISONING***

Four-section flyer that discusses poison-prevention techniques, suggestions to poison-proof the home, identification of poisonous plants, and a "What-to-do" list if poisoning occurs. Good information.

Available: Rocky Mountain Poison Center

#### ***A HANDBOOK OF CHILD SAFETY***

Adult Reading Level

This booklet points out some of the hazards that every child is likely to encounter at different ages. There is a chart entitled tips on toys, which lists safe and non-safe toys according to the child's age. There is also a section on preventing poisoning.

54-31 Rev. 677 1977

Available: Gerber Products Company

### **UN MANUAL SOBRE LA SEGURIDAD DEL NIÑO**

#### ***A MANUAL ON CHILD SAFETY***

Available: Gerber Products Company

### **ACERA DE LOS SERVICIOS DE EMERGENCIA**

#### ***ABOUT EMERGENCY SERVICES***

11205 - 12138 - 2564C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **SOBRE LA SEGURIDAD AL SALIR DE LA ESCUELA**

#### ***AFTER SCHOOL SAFETY CB***

54254 - 54536 - 2796C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **ARE YOU DOING ALL YOU CAN TO HELP PARENTS PROTECT THEIR CHILDREN FROM THE NUMBER ONE KILLER?**

Adult Reading Level.

This folder contains an order form for obtaining prepared lessons on the importance of using seatbelts.

Available: Parent Education Project

### **RESPIRACIÓN ARTIFICIAL. (RESPIRACIÓN BOCA A BOCA) ARTIFICIAL RESPIRATION**

Available: Yakima Valley Farm Workers Clinic

### **GUÍA PARA LA NANA COMO MANTENER A LOS NIÑOS PROTEGIDOS**

#### ***BABYSITTER'S GUIDE TO KEEPING KIDS SAFE***

10165 - 13607 - 2602D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE NACIMIENTO A SEIS MESES**

#### ***BETTER TO PREVENT...THAN LAMENT. FROM BIRTH TO SIX MONTHS***

Available: North County Health Services

**"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE SIETE A DOCE MESES**

*BETTER TO PREVENT...THAN LAMENT. FROM SEVEN TO TWELVE MONTHS*

Available: North County Health Services

**"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE UNO A DOS AÑOS**

*BETTER TO PREVENT...THAN LAMENT. FROM ONE TO TWO YEARS*

Available: North County Health Services

**"MÁS VALE PREVENIR...QUE LAMENTAR". DE LOS DOS A CUATRO AÑOS.**

*BETTER TO PREVENT...THAN LAMENT. FROM TWO TO FOUR YEARS*

Available: North County Health Services

**QUEMADURAS QUIMICAS...QUÉ HACER...**

*BURNS - WHAT TO DO*

Available: Yakima Valley Farm Workers Clinic

**LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA SEGURIDAD INFANTIL**

*CHILD SAFETY*

10165 - 13607 - 2602D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CONTROL DE HEMORRAGIAS  
CONTROL OF HEMORRHAGES**

Poster.

The Inter-American Safety Council has a wide selection of posters dealing with occupational safety and health, home accidents, and first aid.

Available: Inter-American Safety Council

**COOLER FLYER**

One page flyer advocating use of a cooler rather than drinking out of the irrigation ditches or keeping drinks cool in irrigation water.

Available: Sunrise Community Health Center

**QUERIDO PAPA Y MAMA, EL ENVENENAMIENTO CON PLOMO ES UNA ENFERMEDAD MUY PELIGROSA**

*DEAR MOM AND DAD - LEAD POISONING IS A DANGEROUS DISEASE*

Leaflet.

Gives symptoms of lead poisoning in children and explains the dangers of lead-based paints. 98-734.

Available: National Paint & Coatings Association, Inc. or Center for Disease Control

**DANIEL EL TRAVIESO SE ENFRENTA AL VENENO**

*DENNIS THE MENACE TAKES A POKE AT POISON*

Provides safety tips, in comic book form, for children.

81-7005S.

Price: up to 12 copies - free.

Available: Food & Drug Administration

**EVITE LA LESION MUSCULAR  
DON'T STRAIN YOURSELF**

Pamphlet.

Deals with three main ways to protect yourself against muscle strains: keep physically fit; warm up before strenuous work, and treat muscles and ligaments with respect

Available: Inter-American Safety Council

**LO QUÉ TODO EL MUNDO DEBE SABER SOBRE PROTECCIÓN CONTRA LA ELECTRICIDAD**

*ELECTRIC SAFETY RE-DO*

13706 - 13573 - 2689C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TRABAJADOR RURAL  
FARM WORKER**

Miniguide.

Explains the basic safety for farm workers and the most frequent hazards of their daily work and how to avoid them.

Available: Inter-American Safety Council

**¡INCENDIO! ¿QUÉ HARÍA USTED?**  
**FIRE**

10025 - 13516 - 2548C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**¿HAY TRAMPAS DE INCENDIO EN SU HOGAR?**

**FIRE TRAPS**

10058 - 13771 - 2419D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**SOBRE LOS PLANES DE ESCAPE DE INCENDIOS**

**FIRE ESCAPE PLANS**

13367 - 13599 - 2827D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**PROTECCIÓN CONTRA INCENDIOS - UN LIBRO DE ACTIVIDADES PARA COLOREAR**

**FIRE SAFETY**

Coloring book.

CB54130 - 54833 - 2519D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**PRIMEROS AUXILIOS**

**FIRST AID**

Miniguide.

Covers artificial respiration, bleeding, shock, poisoning, open wounds, snake bites, burns, sprains and transporting the injured.

Available: Inter-American Safety Council

**PRIMEROS AUXILLOS EN CASOS DE ASFIXIA**

**FIRST AID FOR ASPHYXIA**

Wall Chart.

Shows proper emergency action to be followed for a conscious and unconscious choking victim.

Available: American Heart Association

**PRIMERA AYUDA PARA EMERGENCIAS DE OJOS**

**FIRST AID FOR EYE EMERGENCIES**

Flyer.

Offers instruction on first aid for eye emergencies such as blows, wounds, and burns.

Available: Sociedad Puertorriqueña Para la Prevención de la Cequero, Inc.

**PARA EL CUIDADO DE LOS NIÑOS FOR THE CARE OF YOUR CHILDREN**

Adult Reading Level.

This folder offers a brief guide to toy safety which includes buying, maintaining, and storing toys.

Available: U. S. Consumer Product Safety Commission

**PARA EL CUIDADO DE LOS NIÑOS FOR THE SAFETY OF YOUR CHILDREN**

Available: U. S. Consumer Product Safety Commission

**LO QUE USTED DEBE SABER SOBRE COMUNICACIONES ACERA DE RIESGOS**

**HAZARD COMMUNICATION**

13458 - 13755 - 2881B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**MANEJELA CON CUIDADO (ARMAS)**

**HANDLE IT WITH CARE**

Adult Reading Level.

This is a concise guide to firearm safety.

Available: Yakima Valley Farm Workers Clinic

**¡HOLA! YO SOY DETECTIVE DEL HOGAR**

**HELLO! I'M A HOME DETECTIVE**

Pamphlet.

Describes home accidents, their causes, and how to prevent them.

Available: Inter-American Safety Council

**COMO PROTEGER A LOS NIÑOS PEQUEÑOS CONTRA ACCIDENTES**

**HOW TO PROTECT SMALL CHILDREN AGAINST ACCIDENTS**

Booklet.

High School Reading Level.

Describes how to avoid a hazardous environment for the child. It discusses how to avoid falls, suffocation, swallowing of foreign objects,

car accidents, burns, etc. Lists what objects should be out of children's reach. Tells what to do in case of accident.

Available: Proctor & Gamble Company

**COMO TRATAR EL ATAQUE  
NERVIOSO**

*HOW TO TREAT A NERVOUS ATTACK*

Available: Yakima Valley Farm Workers Clinic

**SI UNA PERSONA SE ESTA  
AHOGANDO...**

*IF A PERSON IS ABUSING YOU*

Available: Yakima Valley Farm Workers Clinic

**SI USTED TIENE UN ACCIDENTE  
IF YOU HAVE AN ACCIDENT**

Available: Yakima Valley Farm Workers Clinic

**INSPECCIÓN DE CASA PARA LA  
PROTECCIÓN DE SU NIÑO**

*INSPECTION OF YOUR HOUSE TO  
PROTECT YOUR CHILD*

Adult Reading Level.

This handout provides parents with a quick way to make a home inspection for safety.

Available: Intercultural Development Research Association

**NO DEJE AL ALCANCE DE SUS  
NIÑOS NINGUN PRODUCTO  
VENENOSO**

*KEEP POISONS FROM THE REACH  
OF YOUR CHILDREN*

Fifth Grade Reading Level.

Contains advice for preventing accidental poisoning. Shows parents how to store poisonous products out of reach of children.

Available: Environmental Protection Agency

**GUARDE EL AGUA SANA  
KEEP WATER SAFE**

Discussion of assuring that water is not contaminated. Illustrations describe such steps as obtaining fresh water, boiling water, preparing formula, washing clothes, etc.

Available: Sunrise Community Health Center

**SOBRE LA SEGURIDAD EN LA  
COCINA**

*KITCHEN SAFETY*

13383 - 13664 - 2844C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**ENVENENAMIENTO DE PLOMO:  
LOS DATOS**

*LEAD POISONING*

Available: Illinois Department of Public Health

**HOGAR SEGURO HOGAR PARA  
SU "EXPLORADOR"**

*LOOKING AT SAFE PLAY*

Adult Reading Level.

This colorful little folder depicts children as explorers and tells you how you can protect your child from burns, drownings, bumps, cuts and falls. It illustrates things to keep out of your child's reach such as plants, medicines, cleaning products, pest killers, sharp objects, etc. The folder would be colorful to place in a home as a reminder.

Available: The Soap & Detergent Association

**LO QUÉ TODO EL MUNDO DEBE  
SABER SOBRE MEDIDAS DE  
SEGURIDAD PARA EL GAS  
NATURAL**

*NATURAL GAS SAFETY*

10272 - 13466 - 2483C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**QUÉ HACER EN CASO DE  
EMERGENCIAU**

*EMERGENCY*

Custom - 90928

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TE VAN A OPERAR  
OPERATION**

Coloring book.

CB54304 - 56010 - 2830C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**PADRES DE FAMILIA: ESTAN LAS  
PAREDES DE SU CASA  
ENVENENANDO A SUS NIÑOS?**

**PARENTS: ARE YOUR WALLS  
POISONING YOUR CHILDREN?**

Pamphlet.

Explains how lead poisoning can happen, and  
how to prevent it in the home.

J4917.

Available: Center For Disease Control

**SOBRE INSECTICIDAS  
PESTICIDE SAFETY TIPS**

Available: U. S. Environmental Protection  
Agency

**USO SEGURO DE INSECTICIDAS  
PARA MEZCLADORES,  
CARGADORES Y APLICADORES  
NO CERTIFICADOS  
PESTICIDE SAFETY FOR  
NON-CERTIFIED MIXERS, LOADERS  
AND APPLICATORS**

31-page guidebook directed toward chemical  
safety. Very technical!

Available: U. S. Environmental Protection  
Agency

**PROTEJA SU NIÑO  
PROTECTING YOUR CHILD**

Available: Yakima Valley Farm Workers Clinic

**¿LE IMPORTA SUFICIENTE A  
UD...PROTEGER A SU NIÑO EN EL  
CARRO?**

**PROTECTING YOUR CHILD IN THE  
CAR**

Available: Division of Motor Vehicles

**PROTECCIÓN EN EL AUTOMOVIL  
PARA SU NIÑO**

**PROTECTION IN THE CAR FOR  
YOUR CHILD**

Available: U. S. Dept. of Health & Human  
Services

**RESPIRACIÓN DE SALVAMIENTO  
RESCUE BREATHING**

Miniguide.

Teaches mouth-mouth and mouth-to-nose arti-  
ficial respiration.

Available: Inter-American Safety Council

**SEGURIDAD DE LOS  
TRABAJADORES AGRICOLAS  
DURANTE EL USE DEL  
PESTICIDAS**

**SAFETY FOR AGRICULTURAL  
WORKERS DURING THE USE OF  
PESTICIDES**

24 page booklet describing pesticide safety.  
Good illustrations.

Available: U. S. Environmental Protection  
Agency

**PROTEJASE CON CINTURONES  
DE SEGURIDAD**

**SAFETY BELTS**

54130 - 54833 - 2519D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CINTURONES DE SEGURIDAD . .  
¿PARA QUE?**

**SEAT BELTS - WHY?**

Small four page flyer with "True/False" format  
that discusses seat belt safety. Illustrated, well  
presented.

Available: Comision Para Seguridad En El  
Transito

**LOS CINTURONES DE  
SEGURIDAD . . . COMO TRABAJAN  
SEAT BELTS - HOW THEY WORK**

Four page flyer describing the mechanics of  
how a seat-belt locks into position

Available: Comision Para Seguridad En El  
Transito

**COMO EVITAR RESBALONES,  
TROPEZONES Y CAIDAS  
SLIPS, TRIPS, FALLS**

10595 - 19422 - 2441D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**MANTENTE SEGURO CERCA A  
PERSONAS DESCONOCIDAS  
STAY SAFE**

Coloring book.

CB54585 - 56218 - 2915C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TELEFONEANDO POR AYUDA -  
UN LIBRO DE ACTIVIDADES PARA  
COLOREAR**

*TELEPHONE FOR HELP*

Coloring book.

CB54270 - 54528 - 2825D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LAS 9 VIDAS DEL GATO  
THE NINE LIVES OF THE CAT**

Fourth Grade Reading Level.

This comic booklet illustrates graphically and entertainingly safety measures to prevent fire in the home and how to react if there is a fire.

Available: U. S. Consumer Product Safety  
Commission

**¡CUIDADO! LA PINTURA DE  
PLOMO ENVENENA  
WATCH OUT FOR LEAD PAINT  
POISONING**

Booklet.

Warns parents about the danger of lead paint poisoning and tells how to protect children.

DHEW Publ. No. (HSA) 75-5106.

Available: U. S. Government Printing Office

**TRABAJE CONCIENTEMENTE,  
TRABAJE CON CAUTELA  
CUANDO TRABAJE CON  
PRODUCTOS QUIMICOS PARA LA  
AGRICULTURA**

*WORK SMART, WORK SAFELY WITH  
FARM CHEMICALS*

July, 1985 - 32 pages - Presentation of basic pesticide safety principles. Illustrated, easy to read and understand.

Available: National Agricultural Chemicals  
Association

**LEO CUELLAR SAYS: TRABAJE  
CON INTELIGENCIA  
WORK SMART, WORK SAFELY**

Available: National Agricultural Chemicals  
Association

**USTED Y LA SEGURIDAD  
YOU AND SAFETY**

10207 - 13656 - 2537C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**ESTAS A CARGO - UN LIBRO DE  
ACTIVIDADES PARA COLOREAR  
YOU'RE IN CHARGE**

Coloring book.

CB54619 - 56341

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**NIÑOS ACCIDENTES EN EL  
HOGAR  
YOUNG CHILDREN AND ACCIDENTS  
IN THE HOME**

Booklet

Describes the major causes of accidents to young children and gives a checklist by age groups of accident-causing situations to avoid.  
DHEW Publ. No. (OHD) 30061.

Available: U. S. Government Printing Office

**AUDIOVISUAL AIDS**

**ACCIDENTS AND POISONING**

33mm filmstrip, slides, video tape, and other formats, sound, color.

Defines the most common injury-causing home accidents, and how rooms can be made safer for children.

Available: Medcom/Trainex, Inc.



## **HEMORRAGIA**

### ***BLEEDING: WHAT TO DO***

16mm, sound, color, 16 minutes.

Shows different accidents which result in hemorrhaging and the proper steps to be taken in each case to prevent accidents.

Available: **Inter-American Safety Council**

### ***BLEEDING: WHAT TO DO***

16mm and video cassette, sound color, 16 minutes.

Demonstrates how to stop bleeding immediately; how to distinguish arterial, venous or internal bleeding; improvise bandages; apply safe tourniquets and care for victims immediately after an accident.

Available: **Pyramid Film & Video, Inc.**

## **MASAJES CARDIACOS**

### ***CLOSED CHEST CARDIAC MASSAGE***

16mm, sound, color, 11 minutes.

Demonstrates closed chest cardiac massage.

Available: **International Film Bureau, Inc.**

## **CPR FOR CITIZENS**

16mm and video cassette, sound, color, 25 minutes, narrated by Orsen Welles

Demonstrates the latest techniques of cardiopulmonary resuscitation.

Available: **Pyramid Film & Video, Inc.**

## **EYE EMERGENCY**

16mm, sound, color, 23 minutes and video cassette.

Shows how to prevent eye accidents at work and at home and what to do when eye injury occurs.

Available: **Pyramid Film & Video, Inc.**

## **FIRST AID--A SERIES**

Seven 16mm films, sound, color.

Supplements the regular teaching of first aid to persons who may be working at points far removed from professional medical help. Serves as an introduction to, and a familiarization with, approved first aid methods and techniques in the emergency treatment of injuries and disabilities.

Available: **National Audio Visual Center**

## **HOW TO HAVE AN ACCIDENT AT WORK**

16mm, sound, color, 8 minutes.

Offers an important safety message by showing that for Donald Duck, a day at work is just one preventable accident after another.

Available: **Coronet/MTI Film & Video**

## **HOW TO HAVE AN ACCIDENT IN THE HOME**

16mm, sound, color, 8 minutes.

Using familiar Disney characters, proves that accidents happen because average people don't use average intelligence.

Available: **Coronet/MTI Film and Video**

## **HOW TO SAVE A CHOKING VICTIM: THE HEIMLICH MANEUVER**

16mm, sound, color, 11 minutes.

Demonstrates how to use Dr. Henry J.

Heimlich's life-saving technique to rescue people from unnecessary, accidental death.

Available: **Paramount Communications**

## **AUXILIO MÉDICO PROPIO MEDICAL SELF-HELP**

Series of seven 16mm films, sound, color.

Teach emergency methods during a disaster when medical help is unavailable. Cover burns, bleeding and bandages, fractures and splints, shock, transportation of the injured, and emergency child birth.

Available: **Inter-American Safety Council**

## **NEW BREATH OF LIFE**

16mm, sound, color, 24 minutes.

Demonstrates two of the ABC's of basic life support: A--Airway Opening and B--Breathing Restored. Teaches correct resuscitation sequence when breathing stops. Also available in Spanish/English video cassette dual track

Available: **Inter-American Safety Council**

**NEW PULSE OF LIFE**

16mm, and video cassette, sound, color,  
28 minutes.

Presents the latest basic life support principles and techniques for cardiopulmonary resuscitation. Available also in Portuguese, French and other languages.

Available: Inter-American Safety Council

**DESCUIDOS FATALES**

**ONE DAY'S POISON**

16mm, sound, B/W, 29 minutes.

Depicts different cases of accidental poisoning in children and how lack of precaution by parents helped create the accidents.

Available: National Film Board of Canada

**RESPIRACIÓN DE SALVAMENTO**

**RESCUE BREATHING**

16mm, sound, color, 22 minutes.

Teaches techniques of mouth-to-mouth and mouth-to-nose rescue breathing. Dramatizes techniques on unconscious victims of drowning, choking, drugs, electric shock, gas asphyxiation, and chest injury.

Available: Inter-American Safety Council

**LOS PRIMEROS AUXILIOS**

**ORIENTADOS HACIA LA**

**PREVENCIÓN DE ACCIDENTES**

**SAFETY-ORIENTED FIRST AID**

Series of four 16 mm sound films in color emphasizing prevention of injury on the job, focusing attention on the cause and effect of accidents, and demonstrating basic first aid procedures.

Available: Inter-American Safety Council

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## SCOLIOSIS

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**LA ESCOLIOSIS: ¡ATENCIÓN LOS  
PADRES DE FAMILIA! LA  
CURVATURA DE LA COLUMNA  
VERTEBRAL PODRA  
CONTROLARSE...SI SE  
DESCUBRE EN SUS PRIMERAS  
ETAPAS**

***SCOLIOSIS: ATTENTION PARENTS!  
CURVATURE OF THE SPINE CAN BE  
CONTROLLED IF DETECTED EARLY***

Gives a quick and easy-to-follow test to screen  
children for scoliosis.

Publication Number PR32S

Price: Free with SASE; \$4.00/100; \$18.00/500;  
\$35.00/1,000

Available: National Easter Seal Society

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## SEXUALLY TRANSMITTED DISEASES

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### **SOBRE LA SÍFILIS Y LA GONORREA**

#### ***ABOUT SYPHILIS AND GONORRHEA***

Leaflet.

Discusses symptoms of syphilis and gonorrhea, and how these diseases are dangerous if not discovered and treated.

Publ. No. (HSM) 73-816.

Available: Center For Disease Control

### **SOBRE LA SÍFILIS Y LA GONORREA**

#### ***ABOUT SYPHILIS AND GONORRHEA***

Adult Reading Level.

This folder provides a complete description of syphilis and gonorrhea - the cause and treatment. Information about what happens to a person if left untreated is included.

Available: U. S. Dept. of Health & Human Services

### **SOBRE EL HERPES**

#### ***ABOUT HERPES***

14134 - 14969 - 2708C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **SIDA**

#### ***AIDS***

Adult Reading Level.

This pamphlet provides information about the meaning of the terms "AIDS". It also provides information about the symptoms, treatment and prevention of the illness.

Available: School Health Program

### **LO QUÉ LOS HOMBRES "GAY-Y BISEXUALES" DEBERÍAN SABER SOBRE EL SIDA**

#### ***AIDS/GAY/BISEXUAL***

14266 - 18952 0 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **SOBRE EL SIDA**

#### ***AIDS***

14274 - 14308 - 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **ENFERMEDADES COMUNES SEXUALMENTE TRANSMITIDAS COMMON SEXUALLY TRANSMITTED DISEASES**

Describes symptoms and diagnoses.

Available: American Council for Healthful Living

### **¡PELIGRO! (ENFERMEDADES VENEREAS)**

#### ***DANGER; VENERAL DISEASES***

Describes gonorrhea and syphilis. Explains that they are contagious and dangerous. Emphasizes importance of securing medical treatment.

Available: California Dept. of Health Services

### **PARA LA BUENA SALUD DE ELLA FOR HER GOOD HEALTH**

Lists and describes sexually transmitted diseases that can be contracted by women; in chart and text format.

Price: \$9.00/100; \$70.00/1,000

Available: American Social Health Association

### **HERPES GENITAL GENITAL HERPES**

Describes genital herpes, its causes, symptoms, incubation period, and other pertinent information.

Publication Number (NIH) 84-656 S.B.

Free - up to 25 copies for nonprofit organizations.

Available: National Institute of Allergy and Infectious Diseases

## **ALERTA SOBRE HERPES**

### **HERPES ALERT**

Teenage, Adult Reading Level.

This folder describes genital herpes, symptoms, the infection's effect on newborns and the possible link to cancer. Importance is placed on seeing a doctor when any infection is suspected.

Available: Information Center on Herpes Disease, N.Y.

## **DATOS SOBRE ENFERMEDADES VENEREAS**

### **INFORMATION ON VENEREAL DISEASES**

Available: San Diego County Department of Health Services

## **URETRITIS - NON-GONOCOCO (NGU)**

### **NON-GONORRHOEAL URETHRITIS**

Available: San Diego County Department of Health Services

## **SOBRE EL PROTEGERSE CONTRA EL SIDA**

### **PROTECT YOURSELF/AIDS**

15123 - 37184

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

## **SOBRE EL SIDA Y EL INYECTARSE DROGAS**

### **SHOOTING DRUGS/AIDS**

14787 - 13854 - 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

## **LO QUE TODO EL MUNDO DEBE SABER SOBRE LAS ETS**

### **STD'S**

12211 - 14670 - 2486D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc

## **ENFERMEDADES, TRANSMITIDAS SEXUALMENTE**

### **SEXUALLY TRANSMITTED DISEASES**

High School Reading Level.

Describes the most common sexually transmitted diseases and their incidence in Puerto Rico. Offers suggestions for prevention.

Available: Division of Health Services

## **CORRE LA VOZ DE ESTA HISTORIA FEA**

### **SPREAD THE WORD ABOUT THIS UGLY STORY**

Contains questions and answers about venereal diseases.

Available: Blue Cross/Blue Shield of Connecticut

## **SOLO PARA ADOLESCENTES: FACTORES QUE HAY QUE SABER SOBRE LAS ENFERMEDADES VENEREAS**

### **STRICTLY FOR TEENAGERS: SOME FACTS ABOUT VENEREAL DISEASE**

Leaflet.

Answers common questions about venereal disease and seeks to dispel myths.

DHEW Publ. No. (HSM) 73-8164.

Available: Center For Disease Control

## **LOS MICROBIOS DEL AMOR. HECHOS SOBRE LA ENFERMEDAD VENEREA**

### **THE LOVE BUGS - FACTS ON VENEREAL DISEASE**

David V. Carroll, M.D.

High School/Adult Reading Level.

This booklet offers a complete description of all venereal diseases and how they are transmitted. It is in a comic book form and would be very appealing to teenagers. Warning, some illustrations are very explicit.

Available: Krames Communications

### **THE GERMS OF LOVE**

High School/Adult Reading Level.

This booklet offers a complete description of all venereal diseases and how they are transmitted. It is in a comic book form and would be very appealing to teenagers.

Available: Krames Communications

**ES HORA DE HABLAR CLARO ...  
LAS ENFERMEDADES VENEREAS  
TIME TO SPEAK**

**CLEARLY...VENEREAL DISEASES**

Adult Reading Level.

This folder on venereal disease discusses the causes, symptoms, the consequences, and the treatment of syphilis and gonorrhea.

Available: Pfizer, Inc.

**ENFERMEDADES VENEREAS  
VENEREAL DISEASES**

Adult Reading Level.

This booklet offers information about two types of Venereal Disease: Syphilis and Gonorrhea

Available: Division of Health Services

**VERRUGAS VENEREAS  
VENEREAL WARTS**

Available: San Diego County Department of Health Services

**¿QUÉ ES LA GONORREA?  
WHAT IS GONORRHEA?**

High School/Adult Reading Level.

This is a short hand-out which defines gonorrhea - the symptoms and what to do and not do while being treated.

Available: Texas Department of Health or Illinois Department of Health

**¿QUÉ ES URETRITIS NO  
GONOCOCIA? (UNG)  
WHAT IS NON-GONORRAL  
URETHRITIS?**

High School Student/Adult Reading Level.

This is a short hand-out which defines urethritis and the relationship this disease has to gonorrhea. The hand-out also lists what a person should and should not do while being treated for this disease. A space is provided for a telephone number of a clinic or health care professional.

Available: Texas Department of Health or Illinois Department of Health

**¿QUÉ ES LA TRICOMONAS?  
WHAT IS TICHOMONAS?**

Available: Illinois Department of Public Health

**LO QUÉ LA GENTE JOVEN  
DEBERIA SABER SOBRE EL SIDA  
YOUNG PEOPLE/AIDS**

15149 - 37176

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**AUDIOVISUAL AIDS**

**A HALF MILLION TEENAGERS...PLUS**

16mm, Super 8mm, sound, color, 17 minutes.

Presents a physiological examination of gonorrhea and syphilis with a strong appeal to good sense in seeking treatment.

Available: Churchill Films

**LAS ENFERMEDADES VENEREAS  
ABOUT V.D.**

16mm, color, 14 minutes.

Through drawings and captions shows how VD is transmitted, the disease's symptoms, and the course of syphilis and gonorrhea infection.

Available: National Film Board of Canada

**DANCE LITTLE CHILDREN**

16mm, sound, color, 25 minutes.

Tells the story of teenagers and the pressures they are under today.

Available: National Audio Visual Center

**GONORREA  
GONORRHEA**

35mm filmstrip, slides, video tape, and other formats. Sound and color.

Presents a detailed description of gonorrhea, including its common complications and the problems of proper management.

Available: Medfact, Inc.

**LOOK WHAT'S GOING AROUND**

16mm, Super 8mm, sound, color.

Discusses venereal disease for older and inner-city audiences. Emphasis on dispelling sense of shame so infected persons will go for treatment.

Available: Churchill Films

## **SÍFILIS SYPHILIS**

35mm filmstrip, slides, video tape and other formats. Sound, color.

Presents a detailed description of all aspects of syphilis and discusses the three stages of the disease and clinical examples.

Available: Medfact, Inc.

## **VD ATTACK PLAN FILM**

16mm, sound, color, 14 or 16 minutes.

Explains dangers, symptoms, care of venereal disease. Dispels myths and presents facts, with a sequence in the longer version on methods of prophylaxis.

Available: Coronet/MTI Film and Video

## **PREVENCIÓN DE ENFERMEDADES VENEAS**

### **VD PREVENTION**

16mm, sound, color, 11 minutes.

Spells out prevention methods including prophylactics, preventive medicines and regular check-ups. Narrated by TV actress Adrienne Barbeau.

Available: American Educational Films

## **CUESTIONARIO SOBRE LAS ENFERMEDADES VENREAS: OBTENIENDO LAS RESPUESTAS CORRECTAS**

### **VD QUIZ**

16mm, sound, color, 20 minutes.

Designed for adults, secondary school students and others, this film contains the latest facts about the different venereal diseases.

Available: American Educational Films

## **ENFERMEDADES VENEREAS-UN NUEVO ENFOQUE**

### **VD: A NEW FOCUS**

16mm, sound, color, 16 minutes.

This film, narrated by TV actor James Brolin, talks about the medical realities, myths and young people's attitudes toward venereal disease that frequently cause them to avoid prompt treatment.

Available: American Educational Films

## **ENFERMEDADES VENERAS VENEREAL DISEASE**

35mm filmstrip, slides, video tape and other formats.

Discusses VD and explains the differences between syphilis and gonorrhea, how VD is contracted, how to prevent it, how it is cured, symptoms, etc.

Available: Medfact, Inc. or Medcom/Trainex, Inc.

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## **SICKLE CELL ANEMIA**

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### **DATOS SOBRE LA ANEMIA**

#### **"SICKLE CELL"**

#### ***FACTS ABOUT SICKLE CELL ANEMIA***

Describes symptoms of this disease and its traits. Answers common questions and encourages possible victims to obtain a blood test.

Available: Blue Cross/Blue Shield of  
Connecticut

### **¡ASÍ QUÉ TENGO LAS CARACTERISTICAS DE LAS CELULAS FALCIFORMES!**

#### ***SO I HAVE THE SICKLE CELL TRAIT!***

Pamphlet.

Prepared for children; explains what the sickle cell trait is.

DHEW Publ. No. (NIH) 78-749.

Available: U. S. Government Printing Office



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## **SPOUSE ABUSE**

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### **SOBRE EL MALTRATO A LAS ESPOSAS**

#### ***ABOUT WIFE ABUSE***

16592 - 16964 - 2471C

Price: varies depending on quantities ordered

### **SOBRE LAS VICTIMAS DEL CRIMEN**

#### ***CRIME VICTIM***

16915 - 18937 - 2894C

Price: varies depending on quantities ordered

### **EL ABANCE DEL PROTEGERSE A SI MISMO**

#### ***SELF PROTECTION***

16493 - 19323 - 2490D

Price: varies depending on quantities ordered

### **SOBRE EL MALTRATO CONYUGAL SPOUSE ABUSE**

17004 - 48082

Price: varies depending on quantites ordered

Available: Channing L. Bete Company, Inc.

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## SUDDEN INFANT DEATH SYNDROME

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**MUERTE EN LA CUNA:  
SÍNDROME DE MUERTE INFANTIL  
REPENTINA**

***DEATH IN THE CRIB: SUDDEN  
INFANT DEATH SYNDROME***

Provides large print and illustrations on facts about SIDS including research, suggestions for dealing with SIDS in the family, and available outside help.

**Available: Federal SIDS Program Office**

**LOS HECHOS SOBRE EL  
SÍNDROME DE LA MUERTE  
INFANTIL REPENTINA**

***FACTS ABOUT SUDDEN INFANT  
DEATH SYNDROME***

Gives research facts of SIDS and answers questions commonly asked by parents; provides information on national supporting organizations.

**Available: Federal SIDS Program Office**

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## SMOKING

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### **BORRON Y CUENTA NUEVA A NEW BEGINNING**

A workbook guide for smoking cessation.  
Available: Laredo-Webb County Health  
Department

### **BEST TIP YET: DON'T START!**

12" x 16" poster.  
Directs a simple message at young non-smokers.  
Available: American Cancer Society

### **DESPEJANDO EL AIRE: GUÍA PARA DEJAR DE FUMAR BETTER AIR: HOW TO STOP SMOKING**

Publication No. 81-2146  
Available: National Cancer Institute

### **¿QUIERE DEJARLO...? ¡PUUEDE! DO YOU WANT TO QUIT? YOU CAN**

High School Reading Level.  
A comic book for older teenagers who smoke or  
contemplate it. The message offers information  
and tips on quitting. Join the 30,000,000  
Americans who have quit - you can too!  
Available: American Cancer Society

### **¿TE CREES MUY GALLO PORQUE FUMAS?**

### **DO YOU THINK YOU'RE NOT GOOD BECAUSE YOU SMOKE**

Poster.  
For children. Conveys the hazards of smoking  
with a simple message and picture.  
DHEW Publ. No. (HSM) 73-8709.  
Available: Office of Smoking & Health

### **¡NO TE DEJES PESCAR! DON'T GET HOOKED!**

Poster.  
Designed for children, offers a health thought  
with a clear, simple message.  
DHEW Publ. No. (HSM) 73-8708.  
Available: Office of Smoking & Health

### **COMO NO QUERER A SUS HIJOS HOW NOT TO LOVE YOUR CHILDREN**

Leaflet.  
Tells parents how harmful their smoking is to  
their children, even unborn ones.  
Publ. No. 0056.  
Available: American Cancer Society

### **UN LIBRO DE ACTIVIDADES PARA COLOREAR SE PROHIBE FUMAR NO SMOKING**

Coloring Book.  
54106 - 56200 - 2476C  
Price: varies depending on quantities ordered  
Available: Channing L. Bete Company, Inc.

### **DEJE LOS CIGARILLOS-VIVA MÁS TIEMPO**

### **QUIT CIGARETTES - LIVE LONGER**

Folder.  
Frankly exposes the dangers of cigarette smok-  
ing, as well as emphasizing the benefits of quit-  
ting.  
Available: American Cancer Society

### **EL FUMAR Y SU SALUD SMOKING & YOUR HEALTH**

Junior High Reading Level.  
A teachers guide including five lessons on smok-  
ing and your health.  
Available: Pennsylvania Lung Association

### **SO YOU WANT TO STOP?**

Comic book.  
Encourages adults to quit smoking by showing a  
married couple who successfully kicks the habit.  
Available: American Cancer Society

### **DEJE DE FUMAR STOP SMOKING**

Leaflet.  
Shows how to quit the smoking habit, and how  
to develop a plan of action to follow after quit-  
ting to help assure success.  
Available: Blue Cross/Blue Shield of  
Connecticut

**DEJE LOS CIGARRILLOS. VIVA  
MAS TIEMPO**

**STOP SMOKING. LIVE LONGER**

High School Reading Level.

This leaflet gives information toward the habit of smoking and cancer.

Available: Sociedad Americana Del Cancer,  
Puerto Rico

**CORRIENDO UN RIESGO...SIN  
OPORTUNIDAD DE GANAR**

**TAKING A RISK WITHOUT THE  
OPPORTUNITY TO WIN**

Junior High Reading Level.

A comic book on smoking for junior and senior high school students. The message offers information about health problems that can result from cigarette smoking.

No. 2098

Available: American Cancer Society

**CUANDO LA MUJER FUMA  
WHEN A WOMAN SMOKES**

Leaflet.

Discusses health implications of smoking to women, including increased risks of lung cancer, heart disease, and harm to unborn babies.

Available: American Cancer Society

**AUDIOVISUAL AIDS**

**EMPHYSEMA**

Available in 35mm filmstrip, slides, video tape and other formats.

Describes the nature of emphysema and emphasizes the importance of avoiding infection and of stopping smoking.

Available, Medfact, Inc.

**OBSTRUCTIVE LUNG DISEASE**

16mm, Super 8mm, video tape, sound, color, 16 minutes.

Shows how the lungs work; explains respiratory diseases such as emphysema, bronchitis and asthma; talks about the patient's role in home treatment.

Available: Professional Research, Inc.

**EL FUMAR: UN NUEVO ENFOQUE  
SMOKING: A NEW FOCUS**

16mm, sound, color.

The film examines smoking from a medical and sociological standpoint in order to understand the evolution of the smoking myth. Narrated by TV actor James Brolin.

Available: American Educational Films

**EL FUMAR  
SMOKING**

35mm filmstrip, slides, video tape and other formats.

Presents the known dangers of smoking in detail and the benefits of not smoking.

Available: Medfact, Inc.

**THE FEMINE MISTAKE**

16mm and video cassette, sound, color, 24 min.

This program takes a realistic look at what can happen to women who smoke, including the effect on the fetus in the pregnant woman.

Available: Pyramid Film & Video, Inc.

**WHAT IS EMPHYSEMA?**

35mm filmstrip, slides, video tape and other formats. Sound, color.

Describes the disease's causes, especially the effects of smoking on the lungs and bronchi. Emphasizes the need to alter life style to control emphysema.

Available: Medcom/Trainex, Inc.

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## SURGERY

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### **DE MODO QUÉ...LE VAN A OPERAR**

#### **OPERATION**

11536 - 14571 - 2545C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **SOBRE LA CIRUGIA PARA PACIENTES EXTERNOS**

#### **OUTPATIENT SURGERY**

14415 - 37150 - 2864C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **¿SI CONSIDERA HACERSE UNA CIRUGIA?**

#### **THINKING OF HAVING SURGERY?**

Gives information on second opinion for non-emergency surgery.

Available: National Second Surgical Opinion Program

## **AUDIOVISUAL AIDS**

### **ANTES Y DESPUÉS DE SU OPERACIÓN**

#### **BEFORE AND AFTER YOUR SURGERY**

15 minutes.

A preview of the pre- and post-operative experience, designed to help allay anxiety and to promote patient cooperation.

#2604

Price: \$295.00

Available: Professional Research, Inc.

### **CIRUGIA DEL OIDO**

#### **EAR SURGERY**

16 minutes.

Reviews the function of the ear, infections, otosclerosis, types of hearing loss, and directions for post-operative care.

#3005

Price: \$295.00

Available: Professional Research, Inc.

### **CIRUGIA DE LA GLANDULA PROSTATICA**

#### **SURGERY OF THE PROSTATE GLAND**

15 1/2 minutes.

Reviews trans-urethral resection, open prostatectomy, and effects on genitourinary function. Provides guidelines for post-operative care.

#6003

Price: \$295.00

Available: Professional Research, Inc.

### **ENTENDIENDO SU ANESTESIA**

#### **UNDERSTANDING YOUR**

#### **ANESTHESIA**

8 minutes.

Describes the purpose of anesthesia, and helps reduce fear associated with surgical experiences. Explains pre-operative preparation, choice of anesthesia, and post-operative care.

#2602

Price: \$295.00

Available: Professional Research, Inc.

### **VASECTOMIA**

#### **VASECTOMY**

15 minutes. - \$295.00 - #6001

Describes normal anatomy and physiology, and how a vasectomy prevents conception. Provides detailed instructions for post-operative care.

#6001

Price: \$295.00

Available: Professional Research, Inc.

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## TUBERCULOSIS

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**SE PREOCUPA USTED PORQUE  
PUDIERA TENER  
¿TUBERCULOSIS? ¡HOY EN DÍA  
ES CURABLE!**

*ARE YOU WORRIED THAT YOU  
COULD HAVE TUBERCULOSIS?  
TUBERCULOSIS IS CURABLE TODAY*

Leaflet.

Junior High School Reading Level.

Describes tuberculosis and discusses its  
symptoms and treatment.

Publ. No. 0962.

Available: American Lung Association

**DESCUBRA SI TIENE  
TUBERCULOSIS - HAGASE LA  
PRUEBA DE TUBERCULINA  
DISCOVERING IF YOU HAVE  
TUBERCULOSIS**

Available: American Lung Association

**¿TENGO UNA TOS CRONICA?  
DO I HAVE A CHRONIC COUGH?**

Pamphlet.

Through illustrations and answers to common  
questions informs readers about coughs and  
what to do when cough is chronic.

DHEW Publ. No. (NIH) 76-870.

Available: National Heart, Lung, and Blood  
Institute

**DESCUBRA SI TIENE  
TUBERCULOSIS  
FIND OUT IF YOU HAVE  
TUBERCULOSIS**

Describes the tuberculin test and what it does,  
and urges readers to have it.

Publ. No. 0013.

Available: American Lung Association

**COMO DICE EL DICHO: "MÁS  
VALE PREVENIR QUÉ LAMENTAR"  
IT IS BETTER TO PREVENT THAN  
LAMENT**

Leaflet.

Explains for those with X-ray indications of TB,

why it is important to take pills.

Publ. No. 0011.

Available: American Lung Association

**LA PRUEBA DE LA  
TUBERCULOSIS. COMO  
FUNCIONA. LO QUE DEMUESTRA  
THE TB TEST**

Leaflet.

Tells how the tuberculin test works and what it  
shows.

Publ. No. 1040.

Available: American Lung Association

**SU PRUEBA DE TUBERCULINA ES  
POSITIVA. ¿QUÉ ES ESO?**

*THE POSITIVE TUBERCULIN TEST*

Fifth Grade Reading Level.

Describes how a positive TB test does not al-  
ways indicate that one has TB but rather that  
the microbe is present in the body. An X-ray is  
the only sure way to detect the disease and  
should be performed immediately on receiving  
positive test results.

Available: American Lung Association

**ESTE ES DON TB GERMEN  
THIS IS DON TB GERM**

Pamphlet.

Gives TB facts with drawings and plainly  
worded text.

Available: American Lung Association

**TUBERCULINA  
TUBERCULOSIS**

Third Grade Reading Level

Describes symptoms of tuberculosis and how it  
is contracted. Brief and simple, with illustra-  
tions.

Available: American Lung Association

**LO QUÉ TODO EL MUNDO  
NECESITA SABER ACERCA DE LA  
TUBERCULOSIS**

*WHAT EVERYBODY NEEDS TO  
KNOW ABOUT TUBERCULOSIS*

Leaflet.

Explains what TB is, how one gets it, what the symptoms are, and how it is treated.

**Available: American Lung Association**

**AUDIOVISUAL AIDS**

***TUBERCULOSIS AND ME***

35mm, filmstrip, slides, video tape and other formats. Sound, color.

Tells story of a young Hispanic found to have TB. Shows symptoms, chest X-ray, skin test, sputum test, etc. Message of this program, aimed at the TB patient, is that the disease is curable.

**Available: Medcom/Trainex, Inc.**

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## VISION

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### **PRIMERA AYUDA PARA EMERGENCIAS DE OJOS**

#### ***FIRST AID FOR EYE EMERGENCIES***

Gives instructions on first aid for eye emergencies such as blows, wounds and burns.

G-117-S.

Available: Sociedad Puertorriquena Para la  
Prevencion de la Ceguera, Inc.

### **GLAUCOMA...LADRÓN DE LA VISTA**

#### ***GLAUCOMA: EYESIGHT THIEF***

Leaflet. Discusses glaucoma and its symptoms.

Available: Sociedad Puertorriquena Para la  
Prevencion de la Ceguera, Inc.

### **GLUCOMA...LADRÓN DE LA VISTA GLAUCOMA...SNEAK THIEF OF SIGHT**

Offers description of glaucoma.

Publication Number G1

Price: \$5.00/100

Available: National Society for The Prevention  
of Blindness

### **GLAUCOMA PATIENT GUIDE**

Describes symptoms and treatment of glaucoma, and how the patient can help.

Publication Number G2.

Price: \$.30 each; \$25.00/100

Available: National Society for The Prevention  
of Blindness

### **PRUEBA SIMPLE DE LA VISION PARA NIÑOS DE EDAD PRE-ESCOLAR**

#### ***HOME EYE TEST FOR PRESCHOOLERS***

Gives a simple test and instructions for vision screening of 3, 4, and 5- year olds at home.

Publication Number HET.

Price: \$6.00/100

Available: National Society for The Prevention  
of Blindness

### **OTFALMOLOGO OCULISTA - OPTOMETRA. OPTICO ¿SABE USTED LA DIFERENCIA?**

#### ***OPHTHAMOLOGIST, OCULIST, OPTOMETRIST. - WHAT ARE THE DIFFERENCES?***

High School Reading Level.

Explains differences in ophthalmologist, an optometrist and an optician. Lists signs that may indicate improper vision in children.

Available: Sociedad Puertorriquena Para la  
Prevencion de la Ceguera , Inc.

### **MEDIDAS PREVENTIVAS PARA CONSERVAR LA VISION PREVENTIVE METHODS TO CONSERVE VISION**

Available: National Society for The Prevention  
of Blindness

### **AVISOS O SEÑALES QUÉ INDICAN PROBLEMAS EN LA VISTA DE LOS NIÑOS**

#### ***SIGNS OF POSSIBLE EYE TROUBLE IN CHILDREN***

Describes warning signs of vision difficulties.

Publication Number G102

Price: \$3.00/100

Available: National Society for The Prevention  
of Blindness

### **PRUEBA SIMPLE DE LA VISIÓN PARA NIÑOS DE EDAD PRE-ESCOLAR**

#### ***SIMPLE VISION TEST FOR PRESCHOOL CHILDREN***

Leaflet.

Offers instructions for easy home test for lazy eye. Comes with "E" eye chart.

Available: Sociedad Puertorriquena Para la  
Prevencion de la Ceguera, Inc.



**LA TELEVISIÓN Y SUS OJOS**  
**TELEVISION AND YOUR EYES**

Leaflet.

Discusses optimal conditions for watching television and gives questions and answers on TV and eyesight.

G-507-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.

**EL OJO ENVEJECIENTE**  
**THE AGING EYE**

Pamphlet.

Describes changes that occur with age and gives advice on self-help emergency care

G-3-S..

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.

**EL OJO VAGO (AMBLIOPIA)**  
**THE VAGRANT EYE (AMBLYOPIA)**

Leaflet.

Contains questions and answers on amblyopia and its treatment.

G-109-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.

**EL OJO Y COMO VEMOS**  
**THE EYE AND HOW WE SEE**

Leaflet.

Describes the anatomy of the eye, explaining how it works.

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.

**IMPEDIMENTOS VISUALES**  
**VISUAL IMPEDIMENTS**

Folder.

Adult Reading Level.

Educators, Health Care Providers.

This folder discusses how to observe children to determine visual impairments, questions to be asked the specialist, teaching the child with visual problems, special equipment required, and specific services provided for the visually impaired child.

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc. or Texas Department of Human Resources

**AVISOS Y SEÑALES QUE INDICAN**  
**PROBLEMAS EN LA VISTA DE**  
**LOS NIÑOS**

**WARNINGS OR SIGNS THAT**  
**INDICATE EYESIGHT PROBLEMS IN**  
**CHILDREN**

Card.

Lists conditions the parent should look for that could indicate eyesight problems.

M-102-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.

**AUDIOVISUAL AIDS**

**CUIDADO Y PROTECCIÓN DE SUS**  
**OJOS**

**CARE AND PROTECTION OF YOUR**  
**EYES**

16mm, Super 8mm, videotape, sound, color,  
15 1/2 minutes.

Discusses preventive eye safety and hygiene.

Provides rules for daily eye care and stresses the protection of children's vision.

#4008

Price: \$295.00

Available: Professional Research, Inc.

**CATARACT**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Describes the nature of cataracts and the principles of treatment. Emphasizes the problems of change in image size, magnification, and fusion.

Available: Medfact, Inc.

**DON'T PUSH YOUR LUCK!**

16mm, Super 8mm, video tape, sound, color,  
12 minutes.

Discusses eye and face protection. Recounts actual eye blinding accident and shows its results.

Available: National Society for The Prevention of Blindness

### **GLAUCOMA**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Provides a detailed description of the nature of glaucoma, its causes, and the principles of treatment. Explains the relationship of intraocular pressure to loss of vision.  
Available: Medfact, Inc. or Professional Research, Inc.

### **LENTES DE CONTACTO RIGIDOS HARD CONTACT LENSES**

16mm, Super 8mm, video tape, sound, color, 14 1/2 minutes.  
Covers the advantages and disadvantages, as well as indications and methods for wearing hard contact lenses successfully.  
#4005  
Price: \$295.00  
Available: Professional Research, Inc.

### **CUIDADO DE LOS LENTES DE CONTACTO RIGIDOS**

**HANDLING HARD CONTACT LENSES**  
16mm, Super 8mm, video tape, sound, color, 11 minutes.  
Shows techniques for inserting, wearing, repositioning, removing and cleaning hard contact lenses.  
#4006  
Price: \$295.00  
Available: Professional Research, Inc.

### **IT'S STILL UP TO YOU**

16mm, Super 8mm, video tape, sound, color, 11 minutes.  
Recounts an eye accident and its results; discusses safety programs for eyes.  
Available: National Society for The Prevention of Blindness

### **NORMAL EYE**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Presents all elements of the normal eye with an explanation of how it functions, and how visual images are converted to nervous impulses.  
Available: Medfact, Inc.

### **ESTRABISMO**

#### **STRABISMUS**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Discusses this disease and the related problem of amblyopia. Stresses the importance of early appropriate treatment.  
Available: Medfact, Inc. or Professional Research, Inc.

### **EL EXAMEN MEDICO DE SUS OJOS**

#### **THE MEDICAL EXAMINATION OF YOUR EYES**

16mm, Super 8mm, video tape, sound, color, 12 1/2 minutes.  
Discusses the benefits and techniques of regular ophthalmological exams and explains various diagnostic procedures.  
#3007  
Price: \$295.00  
Available: Professional Research, Inc.

### **YOU-AND YOUR EYES**

16mm, sound, color, 8 minutes.  
Explains eye structure and the protective function of eyebrows, eyelids, eyelashes, and tear ducts. Gives basic rules for eye safety and proper eye care.  
Available: Coronet/MTI Film and Video

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## WEIGHT CONTROL

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### **FALACIAS EN LA DIETA DE REDUCCIÓN**

*UNTRUTHS ABOUT REDUCTION  
DIETS*

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **¿ESTÁS CONTENTA CON TU FIGURA?**

*ARE YOU CONTENT WITH YOUR  
FIGURE?*

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **OBESIDAD**

*OBESITY*

Available: Concilio de Salud Integral de Loiza,  
Inc.

### **USTED Y SU PESO**

*YOU AND YOUR WEIGHT*

12153 - 14886 - 2457C

Price: varies depending on quantites ordered

Available: Channing L. Bete Company, Inc.

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## WOMEN'S HEALTH

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### **SOBRE LA MAMOGRAFIA**

#### **ABOUT MAMMOGRAPHY**

14175 - 37119 - 2763C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

### **TARJETA DE EXAMINACIÓN PARA CANCER DEL SENO**

#### **BREAST CANCER TESTING CARD**

Pamphlet.

This pamphlet tells when a woman should check her breasts for lumps or irregularities, and it lists 3 different ways of checking.

Available: American Institute for Cancer Research

### **NODULOS DE LOS PECHOS**

#### **BREAST LUMPS**

6th Grade Reading Level.

Very thorough, accurate information. Good for one-on-one education. 1984.

Available: Krames Communications

### **¿DISPONE DE UNOS MINUTOS?**

#### **CAN YOU SPEND ONE MINUTE?**

Fifth Grade Reading Level.

Accurate information. Good diagrams on self breast exam. 1978.

Available: American Cancer Society

### **DES. LA DROGA PRODIGIOSA ACERCA DE LA CUAL UD. DEBE DE PREOCUPARSE**

#### **DES--A VERY POTENT DRUG YOU SHOULD BE AWARE OF**

Available: California Department of Health Services

### **ELLOS**

#### **THEY**

Elementary to secondary level student reading. Provides information on growth and development

Available: Programa de Planificacion Familiar

### **LOS EXAMENES DE LOS SENOS**

#### **EXAMINING YOUR BREASTS**

8th Grade Reading Level.

Accurate information. 1982.

Available: U. S. Department of Health & Human Services or National Institutes of Health

### **LAPAROSCOPIA**

#### **LAPAROSCOPY**

Pamphlet.

In simple terms, explains the nature of the operation, reasons for considering it, its effect on fertility, and benefits of over non-permanent methods.

Available: Carolina Population Center

### **BICHOS DE AMOR**

#### **LOVE BUGS**

Pamphlet.

Through humorous illustrations and graphic design presents basic information about the various venereal diseases and urogenital infections.

Available: Krames Communications

### **NO TODO QUE LE PASA ALLI**

#### **ABAJO ES LA ENFERMEDAD**

#### **VENEREA**

#### **NOT EVERYTHING WRONG DOWN**

#### **THERE IS VD**

Pamphlet.

Looks at the many non-VD infections; includes discussion of vaginitis, urinary tract infection, lice, etc.

Available: Do It Now Foundation

**NUESTROS CUERPOS,  
NUESTRAS VIDAS  
OUR BODIES, OUR LIVES**

Book.

Written by women for women, contains readings based on intensive research on a range of subjects related to women's health. Topics include sexual relationships, health and nutrition, rape, self-defense, VD, birth control, abortion, childbearing, menopause, and health care.

Available: Boston Women's Health Book Collective

**¿QUÉ ES - INFLAMACIÓN DE LA PELVIS?**

*PELVIC INFLAMMATION*

Available: Illinois Department of Public Health

**EXAMEN PELVICO**

*PELVIC EXAM*

Pamphlet.

Answers questions on this exam.

Available: Planned Parenthood Association

**DEL CANCER EN LA MATRIZ**

*THE PAP TEST*

7th Grade Reading Level.

Good information, good for one on one education.

Available: National Institutes of Health or  
U.S. Department of Health and  
Human Sciences

**EL EXAMEN DE SALUD DE LA MUJER**

*THE WOMAN'S PHYSICAL EXAM*

Available: San Diego County Department of  
Health Services

**COSAS QUE UD. DEBE SABER DE LAS INFECCIONES VAGINALES**

*THINGS YOU NEED TO KNOW  
ABOUT VAGINAL INFECTIONS*

Available: City of Houston Department of  
Health

**LA COMPRESIÓN DE SU INFECCIÓN**

*UNDERSTANDING YOUR INFECTION*

Adult Reading Level.

This is a "question and answer" booklet about vaginal infections and treatment. There is space provided on the last two pages for health care providers to enter specific instructions.

Available: Eaton Laboratories

**INFECCIONES VAGINALES**

*VAGINAL INFECTIONS*

Available: San Diego County Department of  
Health Services

**¿QUÉ ES LA GONORREA?**

**ENFERMEDAD - INFLAMACIÓN DE LA PELVIS? (PID)**

*WHAT IS GONORRHEA, PID?*

High School Student/Adult Reading Level.

This is a short hand-out which defines PID - how it is caused and what to do or not do during treatment. A space is provided for a telephone number of a clinic or health care professional.

Available: City of Houston Department of  
Health

**USTED PUEDE PREVENIR LAS INFECCIONES VAGINALES**

*YOU CAN PREVENT VAGINAL INFECTIONS*

Adult Reading Level.

This folder gives a complete description of the female reproductive organ as well as a discussion of the types of clothing, hygiene practices and medication to be utilized to help in the prevention of vaginal infections.

Available: City of Houston Department of  
Health

**SU PROPIO EXAMEN PERSONAL**

*YOUR PERSONAL EXAM*

High School Reading Level.

Describes techniques for breast self-examination to prevent breast cancer in women. Illustrations.

Available: American Cancer Society

## **AUDIOVISUAL AIDS**

### **METODOS DE NATALIDAD**

#### ***METHODS OF BIRTH CONTROL***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Surveys seven methods of birth control and discusses theoretical and actual effectiveness rates.

Included are: *birth control pills, IUD, diaphragm, vasectomy, tubal ligation, condom and contraceptive foam.*

Available: Medcom/Trainex, Inc.

### ***METHODS OF FAMILY PLANNING***

16mm, sound color, 18 minutes.

Explains all presently practiced methods of contraception; shows couples in consultation with doctors, discussing different methods.

AA3824.

Available: Paramount Communications

### **FAMILIAS PLANEADEAS II**

#### ***PLANNED FAMILIES II***

Super 8, 16mm, sound color, 13 minutes.

Discusses modern, medically approved birth control methods.

Available: Allendor Productions

### ***PURPOSES OF FAMILY PLANNING***

16mm, sound, color, 15 minutes.

Presents reasons for practicing family planning as real-life people learn about it.

AA3769.

Available: Paramount Communications

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## APPENDIX

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Aherst Laboratories  
685 Third Avenue  
New York, NY 10017  
(212) 878-5900

Al-Anon Family Group Headquarters, Inc.  
P. O. Box 862  
MidTown Station  
New York, NY 10018-0862  
(212) 302-7240

Alcoholics Anonymous World Services, Inc.  
P. O. Box 459  
Grand Central Station  
New York, NY 10163  
(212) 686-1100

Allendor Productions  
15036 Valley Vista Blvd.  
Sherman Oaks, CA 91403  
or  
P. O. Box 5550  
Sherman Oaks, CA 91413  
(213) 872-1332

American Academy of Pediatrics  
141 NW Point Blvd.  
P. O. Box 927  
Elk Grove Village, IL 60007  
(800) 433-9016

American Cancer Society  
Colorado Division  
2255 S. Oneida  
Denver, CO 80203  
(303) 758-2030  
or Your Local Chapter

American College of Obstetricians &  
Gynecologists  
409 12th St., S.W.  
Washington, DC 20024  
(202) 638-5577

American Council for Drug Education  
204 Monroe St.  
Suite 110  
Rockville, MD 20850  
(301) 294-0600

American Council for Healthful Living  
439 Main Street  
Orange, NY 07050  
(201) 674-7476

American Dental Association  
Bureau of Health Education  
Ofician de Education Sanitaria  
y Servicios Audiovisuales  
211 East Chicago Avenue  
Chicago, IL 60611  
(800) 621-8099 or (800) 621-3291 AK & HI  
(312) 440-2500; (800) 572-8309 IL

American Diabetes Association  
3201 Fremont Avenue, North  
Seattle, WA 98103  
(800) 628-8808 or (206) 632-4576

American Diabetes Association  
2450 So. Downing  
Denver, CO 80210  
(303) 778-7556  
or Your Local Chapter

American Educational Films  
Capitol Communications  
3807 Dickerson Rd. Suite I  
Nashville, TN 37207  
(800) 868-5678

American Heart Association  
1280 S. Parker Road  
Denver, CO 80231  
(303) 369-5433  
or Your Local Chapter

American Institute for Cancer Research  
Administrative Office  
1759 R Street NW  
Washington, DC 20009  
(703) 237-0159

American Lung Association  
1600 Race Street  
Denver, CO 80206  
(303) 388-4327  
or Your Local Chapter

American Red Cross  
National Headquarters  
Washington, DC 20006  
(202) 737-8300

American Social Health Association  
P. O. Box 13827  
Research Triangle Park, NC 27709  
(919) 361-2742

American Society for Dentistry for Children  
211 East Chicago Avenue  
Suite 1430  
Chicago, IL 60611  
(312) 943-1244

American Speech-Language-Hearing  
Foundation  
10801 Rockville Pike  
Rockville, MD 20852

Arizona Department of Health Services  
Office of Health Promotion & Education  
3008 North 3rd St.  
Phoenix, AZ 85012  
(602) 230-5833

Arthritis Foundation  
P. O. Box 6919  
Denver, CO 80206  
(303) 399-5065  
or Your Local Chapter

Arthritis Information Clearinghouse  
P.O. Box 9782  
Arlington, VA 22209

Association for Voluntary Surgical  
Contraception  
122 East 42nd Street, 18th Floor  
New York, NY 10168  
(212) 351-2555

Barr Films  
12801 Schabarum Avenue  
P. O. Box 7878  
Irwindale, CA 91706-7878  
(818) 338-7878

Baylor College of Medicine  
Breastfeeding Education Program  
Office of Public Affairs  
1 Baylor Plaza  
Houston, TX 77030  
(817) 755-1011

Becton-Dickinson Consumer Products  
Diabetes Education Dept.  
P.O. Box 5000  
Rochelle Park, NJ 07662  
(201) 368-7337

Blue Cross/Blue Shield of Connecticut  
Public Relations Department  
370 Bassett Road  
North Haven, CT 06473  
(203) 239-4911

Boston Women's Health Book Collective  
47 Nichols Avenue  
Watertown, MA 02172  
(617) 924-0271

California Dept. of Health Services  
Maternal and Child Health  
714 P St.  
Sacramento, CA 95814  
(916) 445-4171

California Dept. of Mental Health Services  
Mental Health Promotion Branch  
2340 Irving Street, Suite 108  
San Francisco, CA 94122  
(415) 557-3470

Carnation Company  
Medical Marketing Division  
5045 Wilshire Blvd.  
Los Angeles, CA 90036  
(213) 932-6109

Carolina Population Center  
Educational Materials Unit  
University of North Carolina at Chapel Hill  
CB # 8120, University Square  
Chapel Hill, NC 27516-3997  
(919) 966-2152

Center for Disease Control  
Educational Resources, CHPE  
1600 Clifton Road, 1-SSB249  
Atlanta, GA 30333  
(404) 639-3492

Centro de Salud Familiar LA FE, Inc.  
Box 10640  
700 S. Ochoa Street  
El Paso, TX 79996  
(915) 545-4550



Channing L. Bete Company, Inc.  
200 State Road  
S. Deerfield, MA 01373-0200  
(413) 665-7611

Children's Hospital  
Teenage Clinic  
700 Children's Drive  
Columbus, OH 43205  
(614) 461-2470

Churchill Films  
662 North Robertson Blvd.  
Los Angeles, CA 90069  
(800) 334-7830

CIBA Information Services  
444 Saw Mill River Road  
Ardsley, NY 10502  
(800) 431-1874

City of Houston Dept. of Health  
Health Education Division  
1115 N. MacGregor  
Houston, TX 77025  
(713) 222-4288

Clinica Campesina Rural Health  
1345 Plaza Court North  
Suite 1A  
Lafayette, CO 80026  
(303) 665-9310

Clinica Sierra Vista  
8787 Hall Road  
Lamont, CA 93241  
(805) 845-3737

Colgate Palmolive Company Distribution  
P. O. Box 4511  
San Juna, PR 00905

Colorado Department of Health  
Migrant Health Program  
4210 East 11th Avenue  
Denver, CO 80220  
(303) 331-8200

Comision Para Seguridad En El Transito  
P. O. Box 41289  
Minillas Station  
Santurce, PR 00940-1289  
(809) 721-4142

Concilio de Salud Integral de Loiza, Inc.  
Apartado 509  
Loiza, PR 00672  
(809) 876-2042

Consumer Information Center  
580 V. Lista Publicacidres Federales  
en Español para el Consumido  
Pueblo, CO 81009  
(202) 566-1794

Cooperative Extension  
New York State Dept. of Human Ecology &  
Agriculture & Life Sciences  
Cornell University  
Ithaca, NY 14850

Coronet/MTI Film & Video  
108 Wilmot Road  
Deerfield, IL 60015  
(800) 621-2131

Crown Products  
P. O. Box 6154  
Torrance, CA 90504  
(213) 329-3176

Cutter Laboratories  
International Operations  
4th & Parker Streets  
Berkeley, CA 94710  
(415) 841-0123

Dairy Council (Western)  
12450 N. Washington  
Thornton, CO 80241  
(303) 451-7711

Del Monte Corporation  
P. O. Box 3675  
San Francisco, CA 94119

Department of Education  
Vocational, Technical and High  
Skill Education Programs  
P.O. Box 759  
Hato Rey, PR 00919  
(809) 753-9128

Departamento de Salud  
Call Box 70184  
San Juan, PR 00936

Departamento de Instruccion Publica  
Division de Educacion a la Comunidad  
Calle San Sebastian  
Edit No. 2  
San Juan, PR 00902

Department of Education  
Community Health Education, PR  
Div. de Educacion a la Comunidad  
Calle San Sebastian  
Edit #2  
San Juan, PR 00902

Diabetes Association of Greater Cleveland  
2022 Lee Road  
Cleveland, OH 44118  
(216) 371-3301

Diabetes Control Program  
Department of Health Services  
714 P. Street Room 499  
Sacramento, CA 95814  
(916) 322-4787

Division of Health Service  
Adult Health Services Section  
Migrant Health Program  
P. O. Box 2091  
Raleigh, NC 27602  
(919) 733-7081

Division of Motor Vehicles  
25 S. Montgomery Street  
Trenton, NJ 08666  
(609) 292-5203

Do It Now Foundation  
P. O. Box 5115  
Phoenix, AZ 85010  
(602) 257-0797

Eaton Laboratories  
Div. of The Norwich Pharmaceutical Company  
Norwich, NY 13815

Environmental Protection Agency  
Public Information Center  
820 Quincy Street  
Room PM-221B  
Washington, DC 20460

Epilepsy Foundation of America  
4351 Garden City Drive  
Landover, MD 20785  
(301) 459-3700

Estado Libre Asociado de Puerto Rico  
Department of Preventative Health  
Call Box 71423  
San Juan, PR 00936

Family Communications  
4802 Fifth Avenue  
Pittsburgh, PA 15213  
(412) 687-2990

Federal SIDS Program Office  
Bureau of Health Care  
Delivery & Assistance  
5600 Fishers Lane, Room 6-22  
Rockville, MD 20857

Florida WIC and Nutrition Services  
1317 Winewood Blvd.  
Twin Towers-Suite 358  
Tallahassee, FL 32301  
(904) 488-8985

Food and Drug Administration  
Consumer Communications HFE-88  
5600 Fishers Rd.  
Rockville, MD 20857  
(301) 443-3170

Food Safety and Inspection Service  
Publications Office  
Room 1163, South  
U. S. Department of Agriculture  
Washington, DC 20250  
(202) 447-8046

Fresno County Dept. of Health  
Pat Collins, R.D., PH.D.  
P. O. Box 11867  
Fresno, CA 93775  
(209) 445-0666

General Mills, Inc.  
Number One General Mills Blvd.  
Minneapolis, MN 55426  
(612) 540-2311

Gerber Products Company  
Public Relations Dept.  
445 State Street  
Freemont, MI 49412  
(616) 928-2497

Health Care Financing Administration  
6325 Security Blvd.  
Baltimore, MD 21207

High Blood Pressure Information Center  
120/80 National Institutes of Health  
Bethesda, MD 20205

Hoechst-Roussel Pharmaceuticals, Inc.  
Route 202-206 North  
Somerville, NY 08876  
(201) 231-2000

Human Life & Natural Family  
Planning Foundation  
1511 K Street, N.W.  
Washington, DC 20005  
(202) 393-1380

Illinois Department of Public Health  
Division of Disease Control  
535 W. Jefferson Street  
Springfield, IL 62761  
(217) 782-2736

Information Center on Herpes Disease, N.Y.  
15 Park Road  
New York, NY 10038  
(212) 962-6575

Inter-American Safety Council  
33 Park Place  
Englewood, NJ 07631  
(201) 871-0004

Intercultural Development  
Research Association  
5835 Callaghan Street  
San Antonio, TX 78228  
(512) 684-8180

International Film Bureau, Inc.  
332 South Michigan Avenue  
Chicago, IL 60604  
(312) 427-4545

Johnson & Johnson Information Center  
199 Grandview Road  
Skillman, NJ 08558  
(800) 526-3967  
(800) 942-7764 NJ

Krames Communications  
312 90th Street  
Daly City, CA 94015-1898  
(800) 228-8347 or (800) 445-7267 CA

LSDS  
Department 76  
Washington, DC 20402  
(202) 751-7077

La Leche League International  
9616 Minneapolis Avenue  
P. O. Box 1209  
Franklin Park, IL 60131-8209  
(312) 455-7730

Laredo-Webb County Health Department  
P. O. Box 2337  
Laredo, TX 78044-2337  
(512) 723-2051

Leukemia Society of America  
733 Third Avenue, 14th Floor  
New York, NY 10017  
(212) 573-8484

Life Planning Health Services  
7929 Brookriver Drive, Suite 750  
Dallas, TX 75247  
(214) 630-9941

Loma Linda Foods  
11503 Pierce Street  
Riverside, CA 92515

Los Angeles Regional  
Family Planning Council, Inc.  
3600 Wilshire Blvd., Suite 600  
Los Angeles, CA 90010  
(213) 386-5614

Los Angeles County Health Department  
241 N. Figueroa Street  
Los Angeles, CA 90012  
(213) 974-8203

March of Dimes Birth Defects Foundation  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 428-7100

Martha Stuart Communications, Inc.  
66 Bank Street  
New York, NY 10014  
(212) 255-2718

Maternity-Infant Care Family Planning Program  
225 Broadway  
New York, NY 10007  
(212) 267-0900

McNeil Consumer Products Company  
Attn: Communications Dept. (058)  
Ft. Washington, PA 19034  
(215) 233-7000

Mead Johnson & Company  
13032 Maple View Lane  
Fairfax, VA 22033  
(703) 968-6773

Medcom/Trainex, Inc.  
P. O. Box 3225  
Garden Grove, CA 92642  
(800) 854-2485  
(800) 472-2479 CA residents

Medfact, Inc.  
112 Lincoln Way East  
Massillon, OH 44646  
(216) 837-9251

Merck Sharp & Dohme  
9199 Red Branch Road  
Columbia, MD 21045  
(301) 730-8240

Mental Health Association  
1021 Prince  
Alexandria, VA 22314

Midwest Family Planning Association  
5086 N. Elston Avenue  
Chicago, IL 60630  
(312) 725-0200

Migrant Health Services, Inc.  
810 4th Avenue, South  
Townsite Centre  
Moorhead, MN 56560  
(218) 236-6502

Miles Diagnostic Division  
P. O. Box 70  
Elkhart, IN 46515  
(219) 264-8636

Milner-Fenwick, Inc.  
2125 Greenspring Drive  
Timonium, MD 21093  
(301) 252-1700

Monoject  
Div. of Sherwood Medical, Dept. T.I.  
1831 Olive Street  
St. Louis, MO 63103  
(800) 367-5036

Muscular Dystrophy Association  
342 Madison Avenue  
New York, NY 10173  
(212) 557-8450

Narcotics Education Film Department  
Box 4390  
6830 Laurel Street, N.W.  
Washington, DC 20012  
(202) 723-4774

National Agricultural Chemicals Association  
1155 Fifteenth Street, N.W.  
Washington, DC 20005  
(202) 296-1585

National Association for Hispanic Elderly  
(Asociacion Nacional Por Personas Mayores)  
2727 W. 6th., Suite 270  
Los Angeles, CA 90057  
(213) 487-1922

National Audio Visual Center  
8700 Edgeworth Drive  
Capitol Heights, MD 20743-3701  
(301) 763-1896

National Cancer Institute  
Publications Order  
Office of Cancer Communications  
Building 31, Room 10A24  
Bethesda, MD 20892  
(800) 4-CANCER

National Center for the Prevention  
and Control of Rape  
5600 Fishers Lane, Room 6C-12  
Rockville, MD 20857  
(301) 443-1910

National Clearinghouse for Alcohol Information  
P. O. Box 2345  
Rockville, MD 20852  
(301) 468-2600

National Clearinghouse for Alcohol  
and Drug Abuse Information  
P. O. Box 416  
Kensington, MD 20795  
(301) 468-2600

National Clearinghouse for Mental  
Health Information  
Room 11A-33  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 443-4517

National Clearinghouse for Primary Care  
Information  
8201 Greensboro Drive, Suite #600  
McClain, VA 22102  
(703) 821-8955

National Council on Alcoholism  
New York, NY 10017  
(800) 622-2255

National Committee for  
Prevention of Child Abuse  
332 S. Michigan Avenue  
Suite 1250  
Chicago, IL 60604-4357  
(312) 663-3520

National Down Syndrome Society  
141 5th Avenue  
New York, NY 10010  
(800) 221-4602

National Easter Seal Society  
70 E. Lake Street  
Chicago, IL 60601  
(312) 726-6200

National Film Board of Canada  
1251 Avenue of the Americas  
New York, NY 10020  
(212) 586-5131

National Foundation of March of Dimes  
1275 Mamaroneck Avenue  
Box 2000  
White Plains, NY 10602  
(914) 428-7100  
or Your Local Chapter

National Heart, Lung, and Blood Institute  
Education Programs Information Center  
4733 Bethesda Avenue, Suite 530  
Bethesda, MD 20814  
(301) 951-3260

National Health Information Clearinghouse  
P. O. Box 1133  
Washington, DC 20013-1133  
(703) 522-2590  
(800) 336-4797

National Institute on Alcohol Abuse  
and Alcoholism  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 468-2600

National Institute of Allergy  
and Infectious Diseases  
Office of Research Reporting and  
Public Response  
National Institutes of Health  
Bldg. 31, Rm. 7A-32  
Bethesda, MD 20014  
(301) 496-5717

National Institutes of Health  
Office of Research Reporting  
Bldg. 31, Room 2A32  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-5133

National Institutes of Health  
U. S. Department of HHS  
Public Health Service  
Washington,, DC

National Institute of Dental Research  
Bldg. 31, Room 2C35  
Bethesda, MD 20892  
(301) 496-4261

National Institute of Mental Health  
Public Inquiries Sections  
5600 Fishers Lane, Room 15C-17  
Rockville, MD 20857  
(301) 443-4513

National Institute of Neurological  
and Communicative Disorders & Stroke  
Office of Scientific and Health Reports  
Bldg. 31, Room 8A06  
Bethesda, MD 20205  
(301) 496-5751

National Multiple Sclerosis Society  
205 East 42nd Street  
New York, NY 10017  
(800) 624-8236  
or Your Local Chapter

National Paint & Coatings Association, Inc.  
1500 Rhode Island Avenue, NW  
Washington, DC 20005  
(202) 462-6272

National Parkinson Foundation, Inc.  
1501 NW Ninth Avenue  
Miami, FL 33136-9990  
(305) 547-6666 (800) 327-4545

National Reye's Syndrome Foundation  
Box 829  
426 North Lewis Street  
Bryan, OH 43506  
(800) 233-7393

National Second Surgical Opinion Program  
330 Independence Avenue, S.W.  
Room 4235  
Washington, DC 20201

National Society for the Prevention of Blindness  
79 Madison Avenue  
New York, NY 10016  
(212) 684-3505

Nebraska State Department of Health  
610 W. 27th Street  
Scottsbluff, NE 69361  
(308) 635-1512

New York Diabetes Association, Inc.  
104 E. 40th Street  
New York, NY 10016  
(212) 697-7760

New York State Dept. of Social Services  
10 Eyck Bldg.  
40 M. Pearl Street  
Albany, NY 12243

Nordick-USA  
6500 Rock Spring Drive  
Suite 304  
Bethesda, MD 20817

North County Health Services  
Migrant Childhood  
Accident Prevention Program  
348 Rancheros Drive  
San Marcos, CA 92069  
(619) 471-2100

Novela Health Foundation  
2524 16th Avenue, South  
Seattle, WA 98144  
(206) 325-9897

Nutrition Program  
County of Los Angeles  
Dept. of Health Services  
313 North Figueroa Street, Room 827E  
Los Angeles, CA 90012  
(213) 974-8112

Office of Smoking & Health  
Public Health Service  
Park Bldg. Room 1-16  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 443-1690

Ohio State University Cooperative  
Ohio State University Publication Office  
Agriculture Admin. Office  
2120 Fyffe Road  
Columbus, OH 43210

Ortho Pharmaceutical Corporation  
Route 202  
P. O. Box 300  
Raritan, NJ 08869-0602

Pacific Coast Video  
635 1/2 Chapala Street  
Santa Barbara, CA 93101  
(805) 965-5015

Paramount Press  
5299 St. Augustine Road  
Jacksonville, FL 32207  
(904) 737-2160

Paramount Communications  
5451 Marathon Street  
Hollywood, CA 90038  
(213) 462-0844

Parent Education Project  
LA County\West Area Child Health Office  
Harbor/UCLA Medical Center  
1000 W. Carson St., Cottage 15  
Torrance, CA 90509  
(213) 533-2351

Parke-Davis  
201 Tabor Road  
Morris Plains, NJ 07950  
(201) 540-2000

Pennsylvania Dept. of Community Affairs  
Forum Bldg.  
Harrisburg, PA 17120

Pennsylvania Department of Health  
P. O. Box 90  
Harrisburg, PA 17120

Pennsylvania Lung Association  
123 Forster Street  
P. O. Box 1632  
Harrisburg, PA 17105-1632  
(800) 932-0903

Personal Products Company  
Consumer Education  
Van Liew Avenue  
Milltown, NJ 08850  
(800) 631-5294  
(201) 524-7397 (Bulk Orders)

Pesticide Farm Safety Staff  
Office of Pesticide Programs  
U. S. Environmental Protection Agency  
401 M. Street, SW  
Washington, DC 20460  
(703) 557-7666

Pfizer, Inc.  
235 East 42nd Street  
New York, NY 10017

Pharmaceutical Manufacturers Association  
1100 15th Street, NW  
Washington, DC 20005

Planned Parenthood  
17 N. State Street, 15th Floor  
Chicago, IL 60602

Proctor & Gamble Company  
P. O. Box 599  
Cincinnati, OH 45201  
(513) 562-1100

Professional Research, Inc.  
930 Pitner  
Evanston, IL 60202  
(800) 421-2363

Programa de Planificacion Familiar  
Univesidad de Puerto Rico  
Recinto de Ciencias Medicas  
Esceula Graduada de Salud Publica, PR

Programa Estatal de Diabetes  
Apartado BB  
Caparra Heights, PR 00922  
(809) 754-3748

Proyecto de Alcohol y  
Seguridad en el Transito  
Departamento de Instruccion Publica  
P. O. Box 759  
Hato Rey, PR 00919

Public Relations Department  
Eli Lilly & Company, Inc.  
307 E. McCarty Blvd.  
Indianapolis, IN 46285  
(317) 276-2000

Pyramid Film & Video, Inc.  
P. O. Box 1048  
Santa Monica, CA 90406  
(213) 828-7577

Redgrave Publishing Company  
P. O. Box 67  
South Salem, NY 10590

Reed & Carnrick  
1 New England Avenue  
Piscataway, NJ 08854  
(201) 981-0070

Rocky Mountain Poison Center  
645 Bannock Street  
Denver, CO 80204  
(303) 893-7774

Ross Laboratories  
625 Cleveland Avenue  
Columbus, OH 43216  
(614) 227-3535

Santa Clara County Health Department  
2220 Moorpark Avenue  
San Juan, CA 95128  
(408) 299-5822

San Diego County Department  
of Health Service  
1700 Pacific Highway  
San Diego, CA 92101  
(619) 236-2121

San Diego Regional Center for the  
Developmentally Disabled  
4355 Ruffin Road, Suite 205  
San Diego, CA 92123

Sante Fe Health Education Project  
P. O. Box 577  
Sante Fe, NM 87504-0577

Schering Corporation  
Kenilworth, NJ 07033  
(201) 931-2000

School Health Program  
Department of Public Instruction  
Teniente Cesar Gonzalez Aveue  
P. O. Box 759  
Hato Rey, PR 00919  
(809) 753-0989

Seccion de Enfermedades Geneticas  
Departamento de Serviceos de Salud  
2151 Berkeley Way  
Berkeley, CA 94704

Servicios Prenatales  
Secretaria Auxiliar Servicios Ambulatorios  
Departamento de Salud  
G.P.O. Box 9342  
Santurce, PR 00940

Sex Information & Education  
Council of the U. S. (Siecus)  
New York University  
32 Washington Place, Room 32  
New York, NY 10003

Siecus  
32 Washington Place, Room 52  
New York, NY 10003

Sintex Laboratories, Inc  
Palo Alto, CA 94304

Smith Kline & French Company  
P. O. Box 7929  
Philadelphia, PA 19101  
(215) 751-5143

Sociedad Puertorriquena para la  
Prevencion de la Cequera, Inc.  
P. O. Box 3232  
San Juan, PR 00904  
(809) 725-0809  
(809) 722-3531

Society for Nutrition Education  
1700 Broadway, Suite 300  
Oakland, CA 94612  
(415) 444-7133

Sociedad Americana Del Cancer  
G.P.O. Box 6004  
San Juan, PR 00918  
(809) 764-2295

Southerby Productions  
5000 E. Anaheim  
Long Beach, CA 90804  
(213) 498-6088

Spears Communications International  
P. O. Box 15403  
Long Beach, CA 90801

Speech Pathology and Audiology Examining  
Committee  
Medical Quality Insurance Board  
1430 Howe Avenue, Suite 86  
Sacramento, CA 95825  
(916) 920-6388

Spillan's Inc.  
2826 Cedar Avenue  
Minneapolis, MN

Spoken Arts  
310 North Avenue  
New Rochelle, NY 10801  
(914) 636-5482

E. R. Squibb & Sons, Inc.  
P. O. Box 4000  
Princeton, NY 08540  
(609) 921-4000

State of California  
Department of Industrial Relations  
CAL/OSHA Communications  
525 Golden Gate Avenue, 3rd Floor  
San Francisco, CA 94102

State University of New York  
Educational Communications Center  
1400 Washington Avenue  
Albany, NY 12222  
(518) 457-3399

Su Clinica Familia  
1314 Ed Carey Drive  
Harlingen, TX 78550  
(512) 428-4345

Sunrise Community Health Center, Inc.  
1028 5th Avenue  
Greeley, CO 80632  
(303) 353-9403

Syntex (F.P.) Inc.  
Rural Box 6736  
Humacao, PR 00661  
(809) 852-0909

Tampax, Inc.  
P. O. Box 7001  
Lake Success, NY 11042  
(718) 895-2270



Texas Department of Health  
Warehouse Manager  
Literature & Forms Division  
1100 West 49th  
Austin, TX 78756-3199  
(512) 458-7761

Texas Department of Human Resources  
701 West 51st Street  
Austin, TX 78751  
(512) 450-3011

Texas Dept. of Mental Health  
and Mental Retardation  
P. O. Box 12668  
Capitol Station  
Austin, TX 78711-2668  
(512) 465-4805

Texas Pharmaceutical Association  
P. O. Box 14709  
Austin, TX 78761  
(512) 836-8350

The Compassionate Friends, Inc.  
P. O. Box 3696  
Oak Brook, IL 60522-3696  
(312) 990-0010

The Soap & Detergent Association  
475 Park Avenue, South  
New York, NY 10016

The University of the State of New York  
The State Education Department  
Office of Cultural Education  
Albany, NY 12230

The Upjohn Company  
7000 Portage Road  
Kalamazoo, MI 49001  
(616) 323-6575

Tulare County Dept. of Health  
County Civic Center  
Visalia, CA 93277

United Cerebral Palsy Association  
66 East 34th Street  
New York, NY 10016  
(212) 481-6300

U. S. Consumer Product Safety Commission  
Office of the Secretary  
Washington, DC 20207  
(202) 492-6800

U. S. Consumer Product Safety Commission  
2nd & Chestnut Street, Room 600  
Philadelphia, PA 19106

U. S. Department of Health, Education  
and Welfare  
Public Health Service  
Center for Disease Control  
Atlanta, GA 30333

U. S. Dept. of Health & Human Services  
Bureau of Community Health Services  
Publications, Room 7-08  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 443-4273

U. S. Government Printing Office  
Superintendent of Documents  
Washington, DC 20402  
(202) 783-3238

United States Pharmacopeial Convention, Inc.  
P. O. Box 2248  
Rockville, MD 20852  
(800) 227-USPC

University of New Mexico Press  
Journalism Bldg., Suite 220  
Albuquerque, NM 87106  
(505) 277-2346 ext. 7564

Upjohn Company  
Public Relations  
7000 Portage Rd.  
Kalamazoo, MI 49001  
(616) 323-4000

Visiting Nurse Corporation  
11333 W. National Avenue  
West Allis, WI 53227  
(414) 327-2295

Visiting Nurse Association  
of Metropolitan Detroit  
7700 Second Avenue  
Detroit, MI 48202  
(313) 875-3266

Woodland Memorial Hospital  
1325 Cottonwood Street  
Woodland, CA 95695  
(916) 662-3961

**March, 1989**

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Wyeth Ayerst Laboratories  
Professional Services  
P. O. Box 8299  
Philadelphia, PA 19101  
(800) 321-2304

Yadkin County Health Department  
P. O. Box 457  
Yadkin, NC 21055  
(919) 679-2026  
Peggy Sumrell, RDH

Yakima Valley Farm Workers Clinic  
P. O. Box 190  
Toppenish, WA 98948  
(509) 865-5600



